



THE NON-PERISHABLE

MEAL in MINUTES KIT

Kete kai i roto i ngā meneti

Sweet Chilli Chicken Noodles

Serves 3-4 for approximately \$10

INGREDIENTS / KĪNAKI



You may substitute with tinned fish

You may substitute canned vegetables with frozen vegetables. 1 can = 1 1/2 cups of frozen

INSTRUCTIONS / TOHUTOHU TAO KAI

(3 packets)

STEP 1

- Open 3 noodle packets, save flavour sachets for another time and empty plain noodles into microwavable bowl.
- Cover noodles with water.



STEP 2

- Microwave noodles and water for 2 minutes on high.
- Carefully drain HOT water from the noodles.



STEP 3

- Open cans of green beans and corn.
- Drain the cans.
- Open the cans of chicken.



STEP 4

- Add green beans, corn and chicken to the noodles.
- Stir together.
- Microwave for 3 minutes on high or until hot.



STEP 5

- Add 1 Tablespoon sweet chilli sauce to the noodle mix. Stir together.
- Serve and enjoy



TIP: Chilli sauce is spicy so leave it out if you don't want it too spicy.

Quick, cheap, easy, tasty and healthy meals for your family and whānau

Kai ora, hāpori ora! Healthy food, healthy community!

These recipes are designed to be utilised by food banks, community organisations and for whānau to have on hand in preparation for emergencies.

Te Whatu Ora
Health New Zealand