



QUICK VEGAN FILET CHICKEN-STYLE STIR-FRY

INGREDIENTS

1 pack Garden Gourmet Chicken Style fillet

125g Chinese noodles

150g bell pepper (red and yellow)

1 red onion

250g broccolini

2 to 4 tbsp (ready-made) vegetarian mushroom stir-fry sauce

1/2 tsp toasted sesame seeds



2 SERVINGS



20 MIN



EASY

Whip up a quick and delicious meal with Garden Gourmet vegan Filet Chicken-Style. Packed with savory flavors, this dish is a perfect balance of taste and ease.

PREPARATION

1. Cut the vegetables

Cut the pepper into thin strips and the onion into half rings. Cut the broccolini into equal pieces.

2. Cook the noodles

Heat a few tablespoons of cooking oil and stir-fry the vegetables until tender and crispy. Cook the noodles according to the instructions on the packet and drain.

3. Cook the Filet Chicken Style

Brown the Filet Chicken style according to instructions on the packet, or fry them, cut into strips, and spoon them through the vegetables.

4. Add the sauce and serve!

Add the stir-fry sauce and fry briefly. Spoon the noodles through and serve with sesame seeds.

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