



Chicken & Plum Stir fry with Bok Choy and Noodles

Plum sauce has got *nothing* on this flavorful stir fry! Plums are an extremely nourishing addition to this **quick and delicious** meal. Not only are they loaded with antioxidants, but they contain properties which can help to **lower blood sugar**, and improve long term bone health.

Dark green bok choy is a type of tender Chinese cabbage that is particularly high in the antioxidant **vitamin C**. This gorgeous vegetable is also packed with calcium and phosphorus for **strong healthy bones**. Tender chicken rounds out this one-pan meal - and we love the final touch of sprinkling over some **crunchy roasted peanuts**!

CHICKEN & PLUM STIR FRY WITH BOK CHOY AND NOODLES

Serves 4

8.5 oz. (230g) instant ramen
noodles
1 tbsp. coconut oil
1.2 lbs. (560g) chicken thighs,
diced
4 plums, destoned, chopped into
wedges
2 tsp. coconut sugar
2 cloves garlic, minced
1 tbsp. root ginger, minced
4 green onions, sliced
1 tsp. chili flakes
2 bok choys, trimmed, sliced
2 tbsp. hoisin sauce
2 tbsp. ketjap manis
½ cup (120ml) water
⅓ cup (50g) roasted peanuts
salt & pepper

Directions:

1. Cook the noodles according to instructions on packaging. Once cooked, drain and run under cold water to stop them sticking together. Set aside.
2. Meanwhile, heat the coconut oil in a large skillet or wok over a medium/high heat. When hot, add the diced chicken and season with salt and pepper. Fry, stirring occasionally until browned, for approximately 4-5 minutes.
3. Lower the heat to medium and add the plums and sugar to the skillet. Cook for 1-2 minutes, then add the minced garlic and ginger along with half the green onions and chili flakes. Cook for a further 1-2 minutes.
4. Add the bok choy and cook until just soft, 1-2 minutes. Stir in the hoisin sauce, ketjap manis and water, making sure everything is well coated. Add the cooked noodles to the pan. Stir together and cook until everything is hot, 1-2 minutes.
5. Divide the chicken and plum stir-fry between 4 bowls. Scatter over the peanuts and remaining green onion to serve.

GF DF MP N

Prep	Cook
15m	10m