



TRAINING DAY MEAL

Thai broth

INGREDIENTS (1 serving)

FREEZABLE

- 1 stock cube
- 20ml (0.6 fl.oz) sweet chili sauce
- 20g (0.6oz) green Thai curry paste
- handful of fresh cilantro – stalks separated, leaves finely chopped
- ½ tsp all spice – optional
- 470g (16.7oz) skinless chicken breast, cut into 1cm strips
- 5g (0.2oz) coconut oil
- 120g (4.3oz) mushrooms, thinly sliced
- 55g (2oz) red/green bell pepper, thinly sliced
- 165g (5.8oz) mange tout, thinly sliced
- 175g (6.3oz) straight to wok noodles

A really quick and easy broth – prep this one like a boss and take it to work. Make a big tasty batch of the broth – cook your chicken and veg as the method says, cool the whole lot down, pile into a Tupperware container with your noodles and reheat it all when ready to eat.

METHOD

In a medium sized saucepan bring enough water to the boil for a portion of broth (around 300-400ml/13-14 fl.oz depending on preference). Crumble in your stock cube along with the sweet chili sauce, curry paste, cilantro stalks and all spice then bring to the boil.

Turn down to a simmer and carefully drop your chicken in, poach for 4-5 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Meanwhile melt the coconut oil in a non-stick frying pan over a medium to high heat. Gently fry your mushrooms, mange tout and bell peppers for 2-3 minutes until just turning soft.

When the chicken is ready add all the veg to the broth along with the noodles, cook until the noodles are ready. Sprinkle with cilantro leaves and enjoy.