

Chicken noodle stir-fry Serves 1

This is a really quick and easy dish. If you want to, you can cook the noodles and prepare all the veg and chicken in advance, then keep them in the fridge until you're ready to cook.

- 1 small chicken breast
- 1 clove of garlic
- 1cm piece ginger
- 2 spring onions
- ¼ green cabbage
- 1/2 fresh red chilli
- 50g dried medium egg noodles
- vegetable oil
- 1 tablespoons unsalted cashew nuts (In school)
- freshly ground black pepper
- 1 pepper
- a handful of beansprouts (These will be in school already)
- 1 tablespoon soy sauce



Nutrition information:

Protein from

Fat from

Carbohydrate from

Vitamin C from

To prepare your stir-fry

Cut the chicken breast into 1cm thick strips. Peel and finely slice the garlic and ginger • Trim and finely slice the spring onions • Separate the cabbage, then wash and spin dry. Cut into fine shreds • Deseed and finely slice the chilli

To cook your stir-fry

Cook the noodles in boiling water according to packet instructions • Drain and refresh under cold water • Drain again, toss in a little oil and put to one side • Heat a wok that's big enough to hold all the ingredients • Season the chicken with black pepper and stir-fry in a little vegetable oil for 2 to 3 minutes, or until almost cooked • Add the cashew nuts, garlic, chilli and ginger and cook for a further minute • Add the spring onions, mangetout and the beansprouts and stir-fry for a couple of minutes, then add the cooked noodles • Keep stir-frying until the noodles are warmed through and the chicken is cooked right through • Stir through the soy sauce and remove from the heat

To serve your stir-fry

Divide between bowls and decorate with the watercress sprigs, if using

Bring all food for preparation on Wed 24th January.

Stir-frying and taking home will be on Thursday 25th January.

Photo

