

Sizzling stir-fry

Ingredients

- 100g noodles
- 1 x chicken breast
- 1 tsp corn flour
- 1 clove garlic
- 1 onion
- 3 colourful, easy cook veg.... peppers, mangetout, french beans, celery, spinach, carrot sticks.
- 1x10ml spoon oil (In school)
- 1x10ml spoon soy sauce (reduced salt)

Remember apron and container too

Stir fry is traditionally a Chinese dish. It has become increasingly popular because it is so quick and easy to make and very healthy as it is low in fat and full of fresh veggies!! This recipe has noodles in but it could just as easily be rice, or even cooked pasta or potatoes.



Equipment

Chopping boards, knives, garlic press, grater, wok or frying-pan, wooden spoon, saucepan, colander, measuring spoon, serving dish, weighing scales.

Method

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut into strips. Sprinkle with cornflour. Place in the fridge, covered, until needed.
3. Prepare the vegetables with a fresh knife on a clean chopping board:
 - ◆ peel and crush the garlic;
 - ◆ peel and slice the onion
 - ◆ peel, wash and slice other veg as you want them.
4. Heat the oil in the wok or frying pan.
5. Add the onion and garlic. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the boiling hot water away from the noodles into a colander in the sink
9. Stir in the cooked noodles and cook for 2 minutes until hot.
10. Serve.

Top tips

- ◆ Use noodles that have already been cooked.
- ◆ Vary the vegetables – leeks, courgettes and carrots all work well.
- ◆ Go for tofu instead of chicken for a vegetarian alternative.
- ◆ Other types of meat could be used, e.g. thin strips of beef or turkey.
- ◆ Mix in ready cooked noodles or rice for a quick main meal.

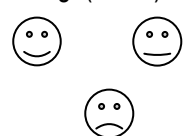
Skills

Using the hob	Bridge-hold	Claw-grip	Stir-fry	Combining
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Wise food shopping

- ◆ Dried noodles are cheaper than ready cooked. They can also be easily stored at home and are very versatile.
- ◆ Use left over cooked chicken (from the night before) in these dishes.

Evaluation:

Rating: (Circle) 	Suitability for cafe	Likes/ Dislikes	Improvements
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Stir fry Worksheet

<p>Use the Eat the seasons chart to help you name 3 vegetables that would be good to use in a stirfry in the following months</p> <p>Dec, Jan, Feb:</p> <p>March, April, May:</p> <p>June, July, Aug:</p> <p>Sept, Oct, Nov:</p>	<p>Vegetarians do not eat meat or fish. Circle the protein foods in the food bank below that a vegetarian could put into a stirfry</p> <p>Food bank</p> <p>egg tofu ham chicken</p> <p>prawns bacon haulomi cheese</p> <p>chick peas pepperoni quorn</p> <p>chicken kidney beans pork sausage</p>
<p>Describe other ways in which additional flavours could be added to the stir-fry. What ingredients could be used?</p>	<p>What would be your top tips for using a wok?</p>
<p>Methods of cooking. Read the following and circle true or false appropriately:</p> <ul style="list-style-type: none"> • Stir frying is a healthy method of cooking because it uses very little fat. TRUE/ FALSE • Grilling is a healthy method of cooking because it allows the fat to drip from food during cooking. TRUE/ FALSE • Poaching is a method of cooking using boiling water rather than fat. It is therefore unhealthy. TRUE/ FALSE • Steaming food is done over a pan of boiling water, the food is cooked in the steam, it does use any fat, it is a healthy way of cooking food. TRUE/ FALSE • Deep fat fryers are used to cook chipped potatoes in oil. It is less healthy to make potato wedges by baking them in the oven with very little fat. TRUE/ FALSE • Boiling adds a lots of fat to food and is very difficult to do eg boiling pasta. TRUE /FALSE • Roasting is done in the oven with a medium amount of fat. It can be quite unhealthy. TRUE/ FALSE 	