

Get ready to cook: Tie back long hair, apron on, wash hands. Collect ingredients and equipment

## Sizzling Stir Fry

### Ingredients

100g noodles  
1 x chicken breast (or 3 -4 thighs)  
½ red chilli  
1 clove garlic  
1cm fresh ginger  
½ red onion  
1 bok choy  
½ yellow pepper  
3 mushrooms  
1 x 10ml spoon oil  
1 x 10ml spoon soy sauce (reduced salt)

### Equipment

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

Almost any foods of your choice could be used... Rice or pasta could replace noodles, all vegetables are great as long as they are cut very finely so that they cook quickly. Any protein is good as long as it can cook quickly, use tender cuts of meat. For a less spicy stir fry, leave out the chilli.



### 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. Place in the fridge, covered, until needed.

Check with an adult before using the cooker



Use a different chopping board for raw meat. Make sure you wash your hands after touching the raw meat. Remember bridge and claw grip too!

3. Prepare the vegetables with a fresh knife on a clean chopping board:

- peel and crush the garlic;

- de-seed and slice the chilli;



- peel and slice the ginger;



- slice the onion, pepper and mushrooms;



- shred the bok choi.



4. Heat the oil the wok or frying pan.



Use a small piece of onion to check how hot the oil is...

5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.



Keep stirring continuously

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.



Use 2 hands to pour the water out of the noodles

9. Stir in the cooked noodles and cook for 2 minutes until hot.



10. Serve.

