

# 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 dsp spoon oil

1 dsp soy sauce



## Equipment



Chopping boards

Knives

Garlic press

Grater

Wok or frying pan

Wooden spoon

Saucepan

Colander

Measuring spoons

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. 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;



- 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.



5. Add the onion, garlic, chilli and ginger. 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.



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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.