



Sizzling stir fry

Ingredients

- 100g noodles
- 1 x chicken breast (or 3-4 thighs)
- 1 clove garlic
- ½ red chilli
- 1cm fresh ginger
- ½ red onion
- 3 mushrooms
- 1/2 yellow pepper
- 1 pak choi
- 1 x 10ml spoon oil
- 1 x 10ml spoon soy sauce (reduced salt)



Equipment

- Saucepan, weighing scales, 2 chopping boards, 2 knives, garlic press, measuring spoons, wok, wooden spoon, colander.



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 clean knife on a clean chopping board:

- peel and crush the garlic;



- de-seed and slice the chilli;



- peel and slice the ginger;



- shred the pak choi.



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



7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.



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



- slice the onion, pepper and mushrooms;



4. Heat the oil the wok or frying pan.



6. Add the chicken and stir-fry for 3 – 4 minutes. Check that the chicken is cooked.



8. Drain the boiling hot water away from the noodles into a colander in the sink.



10. Serve.

