

Together We Cook




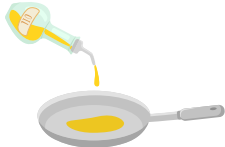
Chicken and Vegetable Stir-Fry



Serves 2



Ingredients

	80g dried noodles (wheat) OR 160g soft cooked noodles
	1 chicken breast OR 3-4 chicken thighs
	1 clove garlic
	1 tablespoon oil



½ red chilli



1cm piece fresh ginger



1 red onion



1 pepper



1 pak choi

OR

cabbage



3 mushrooms



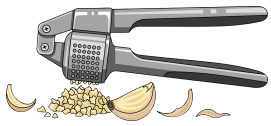




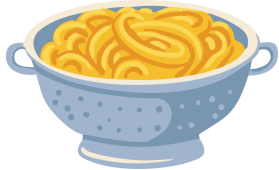


1 carrot



1 tablespoon soy sauce (**soya**)

Method

1		Follow instructions to cook the noodles in boiling water
2		Slice chicken into strips Wash and dry hands and chopping board
3		Peel and crush garlic
4		Wash or peel all vegetables Chop into thin strips or pieces
5		Heat oil in wok or frying pan Add chilli, garlic, carrot, ginger, onion and fry for 2-3 minutes
6		Add chicken and fry for 3-4 minutes Make sure there is no pink meat
7		Add all other vegetables and soy sauce Fry for 2- 3 minutes
8		Drain the noodles in a colander Add to the pan and fry for 2 minutes then serve



Serving ideas

- Sprinkle with extra soy sauce
- Add chopped, fresh coriander



Variations

1. Use Quorn or firm tofu pieces instead of chicken
2. Invite your friends and share this recipe to celebrate Chinese New Year in February



Leftovers

- Chill in fridge and label
- Stir-fry in a tablespoon of oil until very hot

