

### Chicken and Vegetable Stir-Fry



#### Ingredients (serves 2)

- 80g dried noodles or 160g soft ready cooked noodles (**wheat**)
- 1 chicken breast (or 3-4 thighs)
- 1 clove garlic
- ½ red chilli
- 1cm piece fresh ginger
- 1 red onion
- 1 pepper
- 1 pak choi (Chinese cabbage) or cabbage
- 3 mushrooms
- 1 carrot
- 1 x tablespoon (15ml) oil
- 2x 10ml spoon soya sauce (**soya**)




#### Equipment

- Kitchen scales
- Saucepan
- 2 chopping boards
- 2 Sharp knives
- Garlic press
- Wok or large frying-pan
- Heat resistant spatula
- Colander
- Measuring spoons.

#### Method

1. Cook the noodles in boiling water. Check the packet for details.
2. On a red chopping board, remove any skin from the chicken and cut into strips. Thoroughly wash and dry hands after touching raw chicken.
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 chop the ginger into very small pieces
  - peel and slice the onion thinly
  - peel the carrot and cut into thin strips
  - deseed and slice the pepper
  - slice mushrooms
  - thinly slice the pak choi or cabbage
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, carrot, chilli and ginger. Allow to cook while you stir the mix for 2-3 minutes
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked and no pink remains.
7. Add the pepper, mushrooms, pak choi (or cabbage) and soya sauce, continue to cook for a further 2 minutes while stirring.
8. Drain the noodles into a colander in the sink
9. Stir in the cooked noodles and cook for 2 minutes until all the ingredients are hot, then serve.

## Together We Cook

	<p><b>Serving Ideas</b></p> <p>Sprinkle with extra soy sauce and some chopped fresh coriander</p>
	<p><b>Variations</b></p> <p>Replace the chicken with Quorn pieces or use some firm tofu pieces</p> <p>Chinese New Year is celebrated in February so make it a celebration and invite your friends to share your recipe!</p>
	<p><b>Leftovers</b></p> <p>Chill in the fridge, label and stir fry until very hot with a tablespoon of vegetable oil</p>