

Stir fry



• Ingredients

- 100g noodles
- 1 chicken breast or tofu or handful sliced mushrooms
- ½ red chilli
- 1 clove garlic
- 1cm fresh ginger
- ½ red onion
- 1 carrot
- ½ green, red or yellow pepper
- 2-3 broccoli florets
- Or handful sliced cabbage
- Handful green beans
- Handful (50g) beansprouts
- 1x 10ml spoonful oil
- 1 x 10ml spoon soy sauce

You can vary the combinations of vegetables, and protein, and use strips of beef instead of chicken, quorn instead of tofu, or even prawns. Just make sure to cut everything into equal size strips, cook chicken all the way through, and add harder vegetables first.

• Method

- 1. Put on pan of water to boil.
- 2. Prepare vegetables: deseed and chop chilli, take off skin off garlic and chop very small, peel ginger and chop very small, slice red onion, peel and slice carrot into sticks, cut pepper into strips, shred cabbage. Keep vegetables separate.
- 3. Prepare chicken. Remove skin and cut into strips. Keep cool until needed.
- 4. When water is boiling, add noodles. Cook for time stated on pack.
- 5. Heat oil in a wok. Add onion, garlic, chilli and ginger. Cook for 1 minute. Do not let onion go brown.
- 5. Add chicken and stir fry for 3-4 minutes. Check it is cooked – white all through.
- 6. Drain noodles into colander in the sink now or later if they need longer to cook.
- 6. Add carrot, pepper, cabbage, cook for 1 minutes. Add broccoli, cook 1 minute. Add beansprouts cook 1 minute, stirring all the time. Add soy sauce.
- 7. Drain noodles if not done already.
- 8. Stir cooked noodles into chicken and vegetables.
- 9. Serve.