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
½ yellow pepper
3 mushrooms
1 pak choi
1 x 10ml spoon oil
1 x 10ml spoon soy sauce (reduced salt)

Equipment

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. Cover and place in the fridge 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 finely slice the ginger;
   - chop the onion, pepper and mushrooms;
   - shred the pak choi.
4. Heat the oil in 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 – it should be white right through.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the water from the noodles using a colander.
9. Stir in the cooked noodles and cook for 2 minutes until hot.

Top Tips

- 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.

Skills

- Using the hob ☑
- Stir-frying ☑
- Using a knife ☑
- Combining ☑
- Handling raw meat ☑