



## *Chinese style chicken/vegetable stir fry*

*This recipe makes a tasty meal to share with your family. Stir frying is fast and fun and a great way to boost your daily intake of vitamins & minerals with colourful vegetables. You can easily swap vegetables around and create your own style stir fry.*

*Serves 4*

### *You will need:*

<i>2 chicken breasts</i>	<i>1 clove of garlic</i>
<i>4 or 5 mushrooms</i>	<i>Small bunch of coriander</i>
<i>2 spring onion</i>	<i>1 red chilli (optional)</i>
<i>Hand full of bean sprouts</i>	<i>Half a lime</i>
<i>Hand full of sugar snap peas</i>	<i>1 teaspoon of corn flour</i>
<i>Small slice of fresh ginger</i>	<i>2 tablespoons light soy sauce</i>
<i>2 nests of dried egg noodles</i>	<i>1 tablespoon of olive oil</i>

### *To make your Stir fry*

- 1. Begin by slicing the spring onions and mushrooms. Transfer to a plate and organise in separate piles.*
- 2. Next, finely chop the garlic, ginger and chilli. Transfer to a small dish.*

3. *Finely chop the coriander leaves and place with the vegetables.*
4. *Slice the chicken breasts into small strips.*
5. *Fill a sauce pan with boiling water and add the dried noodles. These will usually need to be simmered for a few minutes but follow the cooking instructions on the packet.*
6. *While the noodles are cooking combine all of the prepared vegetables, apart from the coriander, in a large bowl and add the beansprouts.*
7. *Add one level teaspoon of Chinese 5 spice seasoning (optional) and stir through.*
8. *Drain and rinse the noodles and set to one side.*
9. *Heat 1 tablespoon of olive oil in a deep frying pan or wok. Add the chicken and sauté until cooked and there is no pink meat.*
10. *Next add the vegetable mixture and cook for 5 minutes or until everything begins to soften.*
11. *Reduce the heat and stir through the corn flour. Then add the soy sauce along with a tablespoon of water. Cook for a minute or two.*
12. *Finally add the noodles and coriander to the pan with a squeeze of lime juice. Mix through well before serving.*

### **Mighty Tip**

*Stir fry is a great way to use up leftover food. Here are some of our favourite ingredients that work really well in a stir fry:*

*Turkey, pork, salmon, prawns, broccoli, carrot, baby corn, peppers, pakchoi, spinach, water chestnuts, frozen peas, red onion, red cabbage, courgette.*