



CHICKEN NOODLE STIR-FRY



INGREDIENTS

1-2 tbsp vegetable oil
350g chicken breast, thinly sliced
1 large carrot, peeled and thinly sliced
1 red pepper, sliced into thin strips
4-6 mushrooms, sliced
3 spring onions, sliced
¼ savoy cabbage, shredded
Or ½ broccoli, thinly sliced
1 tsp finely chopped fresh red chilli OR ½ tsp chilli flakes (optional)
1 garlic clove, crushed
3cm ginger, finely chopped
2 tbsp soy sauce
Juice of 1/2 fresh lime
1/2 tsp brown sugar*

SERVES 5

1/4 tsp black pepper*
250g dried medium noodles
salt & pepper to taste*

EQUIPMENT

1 large frying pan, or wok if you have one, chopping board and knife, medium sized bowl, wooden spoon or spatula, saucepan.

ALLERGENS

Gluten (noodles), soy (Soy Sauce), egg (noodles)

TOP TIP! Be careful handling fresh chilli, wash hands straight away and avoid rubbing eyes!

*not provided

STEP 1

- Slice the chicken and slice all of the vegetables thinly as indicated.
- As stir fries are quick to cook, it's good to have everything prepared, ready to go in the pan.



STEP 2

- To prepare the sauce, put the soy sauce in a bowl, squeeze in the lime juice and stir in the sugar (optional) and black pepper. Mix well & set aside.



STEP 3

- Cook your noodles according to the instructions on the packet.
- Drain and toss with a drizzle of oil. Set aside for later.



STEP 4

- Heat the oil over a high heat in a large frying pan or wok. When the oil is hot, add the chicken, with a pinch of salt and pepper.
- Fry the chicken for 1-2 minutes until golden on one side then turn over & repeat.



STEP 5

- Now add in your garlic, chilli and ginger. Fry for 2 more minutes until the chicken is almost cooked through.
- Remove everything from the pan into a bowl and set aside.



STEP 6

- Keep the heat high, add a little more oil if needed, and add in the carrot and broccoli (if using). Shake the pan regularly to ensure even cooking.
- After one minute, add in your mushrooms and fry for a further 2 minutes, shaking often.



STEP 7

- Add in the cabbage (if using), peppers and spring onion and fry for 2 -3 minutes until they soften slightly.
- Then add back in your chicken, garlic, chilli and ginger, and stir in your noodles and the sauce.



STEP 8

- Fry together for 2 minutes, mixing well to ensure the sauce spreads evenly and the chicken heats through. Serve immediately and enjoy!

