

# Stir-fry

## Ingredients:

- 100g Noodles
- 100g Chicken Breast, Lamb, Pork, Beef, Turkey, Prawns, Tofu
- 3 or 4 Vegetables: Baby Corn, Bean Sprouts, Broccoli, Cabbage, Carrots, Courgettes, French Beans, Mushrooms Leeks, Snap Peas
- 1 Pak Choi: Optional
- 1 Garlic Clove
- 1 Dessert Spoon Vegetable Oil: School to Provide
- 1 Dessert Spoon Soy Sauce: School to Provide
- ½ Red Chilli: Optional
- 1 Onion
- 1 Pepper (Yellow, Orange, Red)
- 1cm Fresh Ginger / 1 Teaspoon Dried Ginger: Optional



Please bring a container to take your stir-fry home in.



## Method:

1. Weigh and measure all ingredients accurately.
2. Prepare the vegetables:
  - ◆ Peel and crush the garlic
  - ◆ De-seed and thinly slice the chilli
  - ◆ Peel and slice the ginger
  - ◆ Slice the onion and pepper
  - ◆ Shred the pak choi
  - ◆ Prepare any additional ingredients of your choice, if using carrots it is a good idea to grate these.
3. Using a red chopping board, cut the raw meat into even size strips.
4. Half fill a saucepan with water and place at the back of the hob, bring to the boil.
5. When the water is boiling, add the noodles, reduce the heat and simmer. Check the packet for details on how long the noodles will take to cook.
6. Heat the vegetable oil in a wok / frying pan / large saucepan at the front of the hob.
7. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute while stirring.
8. Add the meat and stir-fry for 4 to 5 minutes. Check that the meat is cooked, use a food probe to check the core temperature has reached 75°C.
9. Add the remaining vegetables and soy sauce and continue to cook for a further 3 minutes.
10. Drain the boiling hot water away from the noodles using a colander in the sink.
11. Stir the cooked noodles into the meat and vegetables and cook for 2 minutes until hot.
12. Serve.

