

# Stir-fry



## Ingredients:

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



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, pepper and mushrooms
  - ◆ Shred the pak choi
  - ◆ Prepare any additional ingredients of your choice, if using carrots it is a good idea to grate these.
2. Using a red chopping board, cut the raw meat into even size strips.
3. Half fill a saucepan with water and place at the back of the hob, bring to the boil.
4. 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.
5. Heat the vegetable oil in a wok / frying pan / large saucepan.
6. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
7. 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.
8. Add the remaining vegetables and soy sauce and continue to cook for a further 3 minutes.
9. Drain the boiling hot water away from the noodles into a colander in the sink.
10. Stir in the cooked noodles and cook for 2 minutes until hot.
11. Serve.

