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

1/2 Red Chilli

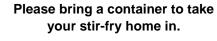
½ Onion

½ Pepper (Yellow, Orange, Red)

Additional Vegetables: Baby Corn, Bean Sprouts, Broccoli, Cabbage, Carrots, Courgettes,

French Beans, Leeks, Snap Peas









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.





