

Chicken Stir Fry



Ingredients list

- 1 chicken breast
- 1 pepper
- 1 onion
- 1 small broccoli
- 1 carrot
- 2 garlic cloves
- 1" fresh ginger
- Oil (sesame gives the best flavour but vegetable oil is fine)
- 1 sachet of stir fry sauce (any flavour)
- Dried noodles

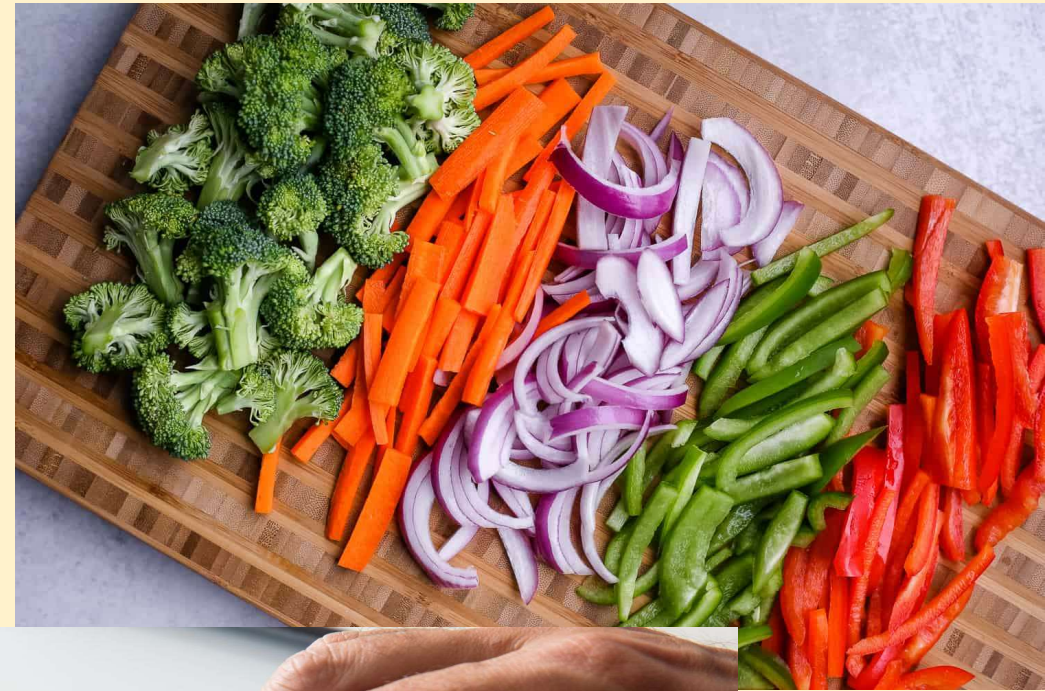
Equipment list

- Wok
- Saucepan
- Collander
- Red chopping board
- Brown chopping board
- Garlic crusher
- Peeler
- Sharp knife
- Plastic spoon

Method

Prep before we cook:

- Garlic and ginger chopped onto a metal plate.
- Vegetables washed and sliced on a **brown** board.
- Chicken thinly sliced on a **red** board



Method

1. Add oil and chicken. Fry for on a high heat for 5 minutes until fully cooked.
2. Turn the heat down and add the garlic. Cook for 1 minute
3. Add vegetables and 5 spice. Sprinkle with a small amount of water to help it cook.
4. Add the sachet of sauce. Heat through for 2 minutes
5. Turn off the wok. Add the noodles and mix thoroughly.

