

Stir fry

Ingredients

Serves 4

3 nests egg/rice noodles
200g cooked chicken
½ bag beansprouts
½ cabbage
Handful mushrooms
½ bag sugar snap peas
1 packet baby corn
1 bunch spring onions
1 pepper
1 carrot

For the sauce: 3 tbsp. soy sauce, 2 tbsp. honey & 2 tsp
Chinese 5 spice

Equipment

Knife
Chopping board
Peeler
Bowl
Measuring spoons
Frying pan/wok
Serving spoon

Method

1. Prepare the vegetables using the bridge and claw knife techniques into similar sized pieces. Use the peeler to make ribbons with the carrot.
2. Rip the cabbage leaves.
3. Cook the noodles as instructed on the packet.
4. Mix the ingredients for the sauce together.
5. Fry the spring onions and peppers with a splash of sauce until softened.
6. Add the sugar snap peas, baby corn and mushrooms, fry for another few minutes.
7. Add the cabbage, beansprouts, chicken and carrot as well as the remaining sauce and mix well.
8. Mix the cooked noodles into the pan so all ingredients are fully combined. Serve hot and enjoy.