

Chicken Stir Fry

Serves: 4



Equipment:



1 Large Saucepan (or Wok),
chopping board,
knife,
wooden spoon,
teaspoon,
measuring jug

Ingredients:



- 1 tbsp. rapeseed oil
- 1 onion, chopped
- 1 garlic clove, chopped
- 1 tsp. low salt soy sauce
- 2cm of fresh ginger peeled and grated
- 400ml of low salt chicken stock
- 250g of chicken breast fillets
- 200g frozen or fresh peas
- 2 carrots, sliced
- 1 spring onion, sliced
- 2 packets of fresh egg noodles



Method:



1. Heat the rapeseed oil in a large saucepan and gently fry the chicken until all edges are sealed and looks white.
2. Add the onion, cook for 2 minutes on a medium heat, until softened and golden.
3. Add the chopped garlic, ginger and a splash of soy sauce.
4. Add the chicken stock, peas, spring onion and carrots.
5. Cook over the medium heat and stir for approximately 5 minutes.
6. Add the egg noodles and turn up the heat to full for 2 mins.