

Stir Fry

Ingredients:

1 tablespoon vegetable oil	1 chicken thigh fillet, sliced (or ½ a chicken breast fillet)
1 large carrot	1 courgette
4 mushrooms	1/2 packet of bean sprouts
1 spring onions, finely diced	1 small packet of fresh or dried noodles
1 clove of garlic, sliced thinly	1/2 cm fresh ginger root
1/2 fresh mild chilli	2 tablespoons honey
2 tablespoons soy sauce	

Method:

1. Prepare your vegetables (except the onion) by finely slicing them to demonstrate the julienne method of cutting.
2. Dice your onion to demonstrate the dicing method of cutting.
3. On a RED chopping board slice your chicken (if using).
4. Heat the oil in a large frying pan or wok.
5. ADD the chicken, spring onions, ginger, garlic and chilli until chicken is turning a golden colour.
6. ADD the vegetables and beansprouts.
7. If you are using DRIED noodles, place them in a metal bowl and pour enough boiling water over to cover them, leave for 5 minutes to soften then drain.
8. ADD noodles and stir through to be combined with chicken mixture.
9. ADD the soya sauce and honey and continue cooking for 2 more minutes over a medium, low heat.