

Stir Fry With Noodles

- 1 tablespoon oil
- 1 clove garlic
- 1 small piece root ginger (optional)
- 6 spring onions or 1 small onion
- 1 chicken breast or 250g /8oz pork or 100g / 4oz cooked peeled prawns (optional – this can be made with veg only)
- a selection of vegetables suitable for stir-frying e.g. 1 carrot, small head of broccoli, ½ red, green or yellow pepper, 50g mushrooms, handful mange tout or baby corn, pak choi leaves, ½ pack bean sprouts, a few water chestnuts, etc.
- 1 jar or sachet Stir fry sauce e.g. Black Bean, Chow Mein, Sweet and Sour (or similar) or Soy sauce
- 1 packet medium or thread egg noodles

Method

1. Wash and chop veg into thin strips, as necessary, place in a bowl.
2. Peel and chop garlic and grate or chop ginger
3. Chop meat into thin slices.
4. Heat oil in a large frying pan or wok, add meat and stir fry until browned.
5. Add onions, garlic and ginger, stir fry 2 – 3 mins.
6. Add remaining veg (hard ones first, soft ones last) and stir-fry until veg are beginning to soften, but are still firm. Add prawns, if using and heat thoroughly.
7. Meanwhile, place dried noodles in boiling water for 3-4 mins, or as directed on the packet. (Cooked ones go straight into the wok to re-heat)
8. Drain noodles well and add to stir fry with the sauce and/or soy sauce. Mix well and cook for 1-2 mins until piping hot.

Reheat in microwave, or, stir-fry on a high heat until all meat veg and noodles are piping hot.

Name

