

CHICKEN STIR-FRY CURRY RECIPE (Serves 4-6)

Ingredients:

Please note: ingredients and quantities are not fixed! You can add whatever you like – it's your stir fry!!

- 2 chicken breasts, chopped into 3cm cubes.
- 1 bag beansprouts (bean shoots)
- 1 bunch of spring/salad onions, peeled and roughly chopped
- 3 carrots, peeled and chopped
- 1 red pepper, deseeded and cut into strips
- 1 handful of shredded cabbage or Pak Choi
- 1 handful of broccoli florets
- 1 pack of mushrooms, peeled and sliced.
- 2 garlic cloves, thinly sliced.
- 1 dessertspoon of fresh ginger, finely chopped.
- 3 tablespoons (tbsp.) vegetable oil.
- Soy sauce
- Sesame oil
- 1 red chilli, deseeded and finely sliced (optional)

Method:

1. Prepare the noodles according to the pack instructions. Once cooked, plunge them into cold water to stop them overcooking. Keep to one side.
2. Heat the vegetable oil in a wok or large frying pan. When it is very hot, add the spring onion, garlic and ginger. At this point you can add fresh chilli if you would like. Stir immediately and cook for 1 minute. Do not allow to brown.
3. Add the chicken and fry for 5 minutes, stirring regularly.
4. Add the carrots and pepper and fry for 5 minutes, stirring regularly.
5. Add the broccoli and cabbage and fry for 5 minutes, stirring regularly.
6. Add the beansprouts. Fry for 1 minute then add 1 tablespoon of soy sauce and 1 tablespoon of sesame oil.
7. Add the mushrooms.
8. Keep stirring until the beansprouts and mushrooms have softened.
9. Add more soy sauce and sesame oil as required.
10. Drain and add the noodles and stir until heated through.
11. Serve on its own or with boiled rice.



