

Chicken and Veg Stir Fry Recipe

Serves 6

Ingredients

- 1 Kilo Chicken breast cut into strips
- 2-3 tablespoons of olive oil
- 3 teaspoons of freshly grated ginger
- 3 large crushed or grated garlic bulbs
- 2 or 3 red, green, yellow or orange peppers cut into thin 2inch strips
- 2 medium carrots, cut into thin 2inch strips
- 2 or 3 onions, cut lengthways
- 10 average sized mushrooms
- 1 large courgette
- Large tin of sweetcorn
- Pack of beansprouts
- Pack of medium egg noodles

Method

1. Fry chicken in olive oil until browned.
2. Add carrots and fry for 2 or 3 minutes before adding the rest of the veg, garlic and ginger – continue frying until veg is cooked but still has a slight crunch.
3. Cook noodles according to instructions on packet. Once cooked, pour desired amount of dark soy sauce over it and mix into the noodles.
4. Serve with prawn crackers.