

# Chicken stir-fry

## Ingredients

- 1 nest of noodles
- 1 chicken breast
- $\frac{1}{4}$  red pepper
- A few mangetout
- A few fresh baby corn
- Handful of cabbage
- 1 clove of garlic
- $\frac{1}{4}$  chilli
- $\frac{1}{2}$  onion
- $\frac{1}{2}$  carrot
- 1 tbsp. soy sauce
- Handful of coriander

## Method

1. Peel the carrot and cut into small matchsticks
2. Slice the pepper into strips
3. Cut the mangetout and baby corn into halves or quarters
4. Slice the cabbage and onion thinly
5. Cut up the garlic and chilli really finely
6. Cut the chicken into strips
7. Fry the carrots and fry for a few minutes
8. Add the chicken to one side and fry till there is no pink colour left.
9. Add the peppers, onion, garlic, chilli and fry for a few minutes
10. Cook noodles in boiling water for 5 minutes.
11. Add the mangetout, baby corn and cabbage and fry for a little bit.
12. Add the soy sauce cook for 2-3 minutes.
13. Add the noodles to the frying pan
14. Serve with coriander as your garnish