

CHICKEN & VEGGIE NOODLE STIR FRY



Chicken & Veggie Noodles

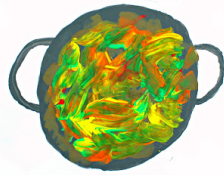
A tasty one-pan dinner dish that's packed full of flavour. Stir fries are a great way to easily bump up your 5-a-day and can be made with a huge variety of veggies, meats, seafood, nuts or tofu. This recipe includes chicken breast with carrots, broccoli, green beans, curly kale and spring onions as that's what's in season now. Lots of the veg can be torn or snapped without a knife by your mini chefs. Vegetarians and vegans have cashew nuts instead of chicken.

Stir fries are made in woks, which are large round-bottomed cooking pots originating in China. If you don't have a wok use the largest frying pan or saucepan you have.

Serves 4, but make two batches for larger families

INGREDIENTS:

- 200g medium egg noodles
- 2 dessertspoons sesame oil
- 3 dessertspoons soy sauce
- 1 tablespoon sweet chilli sauce
- 1 heaped teaspoon Chinese 5 spice
- 300g chicken breast (about 2 small)
- 1 large thumb sized piece fresh ginger
- 2 carrots, peeled or scrubbed, cut into fine strips 3 - 4cm in length
- 1/2 head broccoli, cut or broken into small florets
- 1 handful curly kale, torn or sliced into small pieces
- 100g green beans, snapped or sliced into 3 - 4 cm lengths
- 4 spring onions, sliced into 1 cm pieces
- 2 tablespoons sunflower oil (from Week 25 box)



EQUIPMENT NEEDED:

- Bowl for soaking the noodles
- Colander or sieve
- Teaspoon, Dessertspoon
- Tablespoon, Veg Peeler
- Bowl for chicken & marinade
- Bowls for prepped veg
- Chopping Board
- Vegetable Knife
- Wok or a Large Frying Pan/Saucepan
- Wooden Spoon
- Grater
- Small jug of water
- Tongs for Serving

VEGETARIANS/VEGANS You have cashew nuts to replace the chicken. Instead of marinating the chicken at step 2, measure the soy sauce, sweet chilli sauce and Chinese 5 spice and add with the veggies to the pan at step 6. Leave out step 5.

LARGER FAMILIES Double up the recipe and makes two batches of the stir fry. It's better to make twice than one large stir fry as the veggies do not cook properly when the wok/pan is too full. Prep all the ingredients for both batches before as the actual cooking doesn't take that long. You should have enough ingredients to make two.

MAKING AGAIN?

Vary your veggies! You can add any veggies you like or have in. Great stir fry veggies are peppers, mange tout/sugar snaps peas, peas, bean sprouts, baby sweetcorn or sweetcorn kernels, courgette, mushrooms, red/white/green cabbage, cauliflower

Like a little heat? Add more sweet chilli sauce, a sprinkling of chilli powder or a sliced fresh chilli

Vary the chicken! Make next time with pork or beef strips or prawns. Go meat-free and replace the chicken with tofu, cashew nuts or just more veggies

METHOD:

1. Cook the noodles by placing them in a bowl of boiling water for 2 to 3 minutes until nearly tender/soft. Drain in a colander or sieve before they are fully cooked and toss with 1 of the dessertspoons of sesame oil. Set aside.

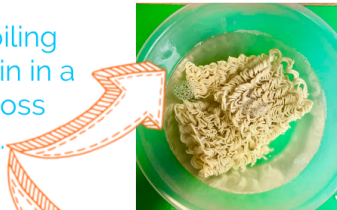


2. Now prepare the chicken by slicing into strips of about 1cm x 4cm. Measure out and combine in a bowl the 'marinade': 1 dessertspoon soy sauce, 1 tablespoon sweet chilli sauce and 1 heaped teaspoon Chinese 5 spice. Add the chicken to the marinade, stir around until the chicken is evenly coated and set aside.



3. Grate the fresh ginger on the fine side of the grater, the peel will come away and can be discarded.

4. Now prepare all the veggies:
 - Peel or scrub the carrots and cut into fine strips - about 3 to 4cm in length
 - Either chop with a knife or use your hands to tear the broccoli into small florets - this is a great job for mini chefs



TOP TIP! when making stir fries take the time to prep all the ingredients before you start cooking!

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4. Continued....

- Tear the kale into small pieces (a great job for mini chefs) or shred with a knife
 - Snap the green beans into two or three pieces (another job for the mini chefs)
 - Slice the spring onions into 1 cm pieces
- Set aside all the veggies



5. Now you are ready to cook the stir fry.

Heat 1 tablespoon of the sunflower oil in a wok or very large saucepan or deep sided frying pan. Add the chicken strips and cook for 3 to 4 minutes, moving the chicken around the pan until cooked on all sides. Remove from the pan and set aside.

6. Heat another tablespoon of the sunflower oil in the pan and add the ginger, 1 dessertspoon of soy sauce and all the vegetables except the spring onions. Also add a splash of water. Cook for around 5 minutes moving everything around the pan continuously. If the pan looks dry add another splash of water. Add the spring onions for 1 minute.



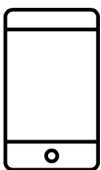
7. Now add the cooked chicken and the noodles, another dessertspoon of soy sauce and 1 dessertspoon of sesame oil and heat through, use tongs to mix the noodles with the veggies and sauce.



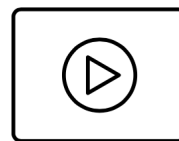
8. Taste the stir fry, add more sweet chilli sauce and/or soy sauce until you are happy with the flavour. Eat and enjoy!



Stir frying is a Chinese cooking technique in which ingredients are fried in a small amount of very hot oil while being stirred in a wok. The technique originated in China



Need some extra help? Then do call me on 07902 802982 and I can talk you through any stir fry making problems, we could even link up with a video call! Louisa x



Watch the Video! To help you make this dish at home the Healthy Lifestyles Team have videoed the recipe for you to watch. It can be seen on the WISH HEREFORDSHIRE site, along with lots of other healthy and tasty recipes: <https://www.wisherefordshire.org/growinglocal>



Can you draw your stir fry? Or perhaps want to share your photos making, serving or eating it? Please email your stir fry masterpieces to louisa@growinglocal.org.uk. We would love to see them!



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