

9 Sizzling noodle stir fry

Adapted from recipes in Real Meals (Dept of Education sponsored cookbook) and Delicious magazine.

Serves 2

Ingredients

6 spring onions
1 clove garlic
1 cm cube fresh ginger
1 red or green chilli
1 yellow pepper
6 medium mushrooms
2 heads pak choi
2 tablespoons vegetable oil
200g diced cooked chicken breast, cooked peeled prawns or prepared tofu pieces
1 tablespoon soy sauce
2 150g packs Amoy Straight to Wok noodles.

1. Begin by preparing all the vegetables before you begin cooking. Wash, trim and thinly slice the spring onions on the diagonal; cut the ends off the garlic (leave skin on) and have your garlic crusher ready for use; peel and grate the ginger ideally using a sharp microplane-type grater; wash, dry, halve, deseed and finely slice the chilli; wash, dry, halve, deseed and chop the pepper; wipe, trim and slice the mushrooms; wash, dry, trim and slice the pak choi.
2. Heat the oil in a wok or large deep frying pan over a medium heat. Add the sliced spring onions, crushed garlic, grated ginger and sliced chilli to the pan and cook for 1 minute.
3. Add the prepared vegetables to the pan and stir fry for 2 minutes.
4. Add to the pan the soy sauce and a splash of cold water and the cooked chicken breast pieces (or cooked prawns or prepared tofu pieces). Cook for a further 2 minutes to heat through.
5. Add the pre-prepared noodles to the pan and stir through until piping hot.
6. Divide between 2 warmed plates or bowls and serve.
7. You omit the chicken/prawns/tofu and double up the quantity of peppers, mushrooms and pak choi to make this a vegetable stir fry.