

Noodle Stir fry

Ingredients

- 1 nest of noodles
- Cooked chicken
- Vegetables
- Soy sauce
- 1 garlic clove
- 1 fresh ginger



1. Half fill a pan with hot water and set to boil on **heat 5**.



2. Slice the vegetables equally (squares or Julienne).



3. Chop the chicken into small chunks. *(This can be done on the same board)*



4. Peel and crush the garlic on to your board.



5. Peel and dice the ginger finely on to your board.



6. When the water boils, add the noodles and cook for **5 minutes**.



7. Set a wok (with 1tsp oil) to **heat 5**. Add the vegetables, ginger and garlic. Stir fry for **5 minutes**.



8. Add the cooked chicken and soy sauce to the stir fry.



9. Drain the noodles, then add them to the stir fry. Mix and then transfer to your container.