

# Chicken Stir fry

## Equipment

Red & Brown board,  
Saucepan, colander,  
fryingpan, wooden  
spoon, measuring  
spoons, vegetable knife,  
garlic press

## Skills

Using the hob, Bridge hold,  
Claw grip, Stir fry, Combining

## Heat Transfer

Conduction

## Keywords

Crush, Peel, Chop, Slice, Shred, Stir-fry,

## Ingredients

100g noodle  
1 Chicken Breast  
¼ red chilli  
1 garlic clove  
1cm fresh ginger  
½ red onion  
½ bok choy  
½ pepper  
3 mushroom  
1 tbsp oil  
1 tbsp soy sauce

## Method

Boil water for noodles.

Cut the chicken into strips.

Prepare the vegetables

- Peel and crush the garlic
- Deseed and slice the chilli
- Peel and chop the ginger
- Slice the onion, pepper and mushroom
- Shred the bok choy

Heat the oil in the frying pan

Add the onion, ginger, chilli and garlic. Allow to cook for 1 minute.

Add noodles to boiling water.

Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.

Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.

Drain the boiling water away from the noodles with a colander in the sink.

Stir in the cooked noodles and cook for another 2 minutes until hot.