

Oriental stir fry and noodles

Ingredients

2 nests of noodles

1 tablespoon vegetable oil

Choose a meat

150g prawns

1 chicken breast

1 quick cook steak

Choose 3 different vegetables

Red pepper

Carrot

Spring onion

Baby corn

1 small head broccoli

Green beans/mangetout or sugar snap peas

Sauce

2 tbsp soy sauce

3 tbsp oyster sauce

2 cloves of garlic

2 tbsp vinegar

2 tbsp tomato ketchup



Aim Higher

Practice using different knife skills to achieve different cuts of vegetables

Equipment

All equipment is provided by school

Don't forget a container and lid to take your food home

Method:

1. Boil the noodles according to pack instructions, then drain and toss with 1 tsp oil.
2. Prepare the meat by cutting into strips
3. Prepare the vegetables by slicing into fine strips or small chunks
4. Heat the remaining oil in a wok and add the meat. Stir-fry for a few mins to seal.
5. Add the vegetables and stir fry for another few minutes to soften.
6. Peel and chop the garlic. Mix in a jug with the rest of the sauce ingredients and add to the wok.
7. Bubble for 30 secs, then add the noodles. Mix well, heat through and serve.