## 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

### Equipment
- All equipment is provided by school

### 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.

*Aim Higher*
Practice using different knife skills to achieve different cuts of vegetables.