



# Stir Fry

## Equipment

- Wok / Frying Pan
- Medium Saucepan
- Sharp Knife

## Ingredients

**Please bring a container to take home your product**

100g Noodles  
100g **Choose one of the following meats or tofu:** Chicken Breast, Lamb, Pork, Beef, Turkey, Prawns, Tofu.  
**3 or 4 Vegetables:** Baby Corn, Bean Sprouts, Broccoli, Cabbage, Carrots, Courgettes, Green Beans, Mushrooms, Leeks, Sugar Snap Peas  
1 Pak Choi (Optional)  
1 Garlic Clove or Puree  
1 Tbsp Vegetable Oil (WCA to provide)  
1 Tbsp Soy Sauce (WCA to provide)  
½ Red Chilli (Optional)  
1 Onion  
1 Pepper (Yellow, Red, Orange)  
1 cm Fresh Ginger / 1 Tsp Dried Ginger (Optional)

## Method

### STEP 1

Weigh and measure all ingredients accurately.

### STEP 2 Prepare the vegetables:

- Peel and crush the garlic
- De-seed and thinly slice the chilli
- Peel and slice the ginger
- Slice the onion and pepper
- Shred the pak choi
- Prepare any additional ingredients of your choice.

### STEP 3

Using a red chopping board, cut the raw meat into even sized strips.

### STEP 4

Half fill a saucepan with water and bring to the boil. When the water is boiling, add the noodles, reduce the heat and simmer. Check the packet for details on how long the noodles will take to cook.

### STEP 5

Heat the vegetable oil in a wok or frying pan. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute while stirring.

### STEP 6

Add the meat and stir fry for 4 – 5 minutes. Check the meat is cooked, use a food probe to check the core temperature has reached 75C.

### STEP 7

Add the remaining vegetables and soy sauce and continue to cook for a further 3 minutes.

### STEP 8

Drain the boiling hot water away from the noodles using a colander in the sink. Stir the cooked noodles into the meat and vegetables and cook for 2 minutes until hot.