



CHICKEN STIR FRY



Ingredients

- 4 chicken breasts, sliced into strips
- 1 1/4 cups bean sprouts
- 1 cup mushrooms, thinly sliced
- 1 medium onion, diced
- 6 spring onions, thinly sliced
- 2 cups egg noodles
- 1 tbsp vegetable
- Soy sauce



Optional Ingredients

- Broccoli florets
 - Baby sweetcorn
 - Carrots
 - Cabbage
- 



Instructions

1. Heat oil in wok on a high temperature. Add chicken and stir-fry for around 3 minutes, then add onion.
2. When onion has turned golden, add a splash of soy sauce, along with mushrooms and spring onions. Stir-fry for around 4 minutes, until vegetables have softened.
3. Add bean sprouts and another splash of soy sauce. Stir-fry for around 2 minutes.
4. Add egg noodles and stir-fry for around 2 minutes. Garnish.

Recipe available online:
studentrecipes.com/recipes/chicken/chicken-stir-fry-3

