

Easy Stir-Fry



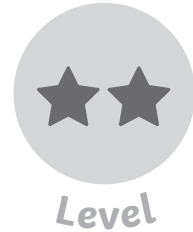
Photo by Engin Akyurt (CC BY 3.0.)

Ingredients

- 200g chicken breast (chopped)
- 500g vegetables like carrots, baby corn, broccoli, courgettes, red peppers and cabbage
- 1 tbsp rapeseed oil
- 1 garlic clove, sliced
- 1cm fresh ginger, grated
- 1½ tbsp reduced salt soy sauce
- 2 tbsp sweet chilli sauce (optional)
- 200g egg noodles
- sesame seeds to sprinkle

Alternatives

- Instead of chicken, why not try 200g of cooked prawns or 200g of salmon flakes.



Recipe

1. Slice the vegetables into fine and thin strips. Make sure they're roughly the same size, this will help them all cook at a similar rate.
2. Heat the oil in a wok or pan. When the oil is hot, add in the chicken and fry until cooked through.
3. Add in the ginger and garlic together for one minute.
4. Add in the vegetables for 2-3 minutes.
5. Now add the soy sauce and chilli sauce, make sure it's all mixed together.
6. Finally, add in the noodles and cook for another 2-3 minutes.
7. Now serve the stir-fry into portions, sprinkle a pinch of sesame seeds on each portion and enjoy!

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Nutrition Value per Serving

kcal	fat	sat fats	carbs	sugars	fibre	protein
236	2.9g	0.6g	49.6g	3.7g	9g	8g

Fun Facts



- The stir-fry dish originated in China many centuries ago.
- Vegetables offer a wide range of different vitamins that help our bodies in different ways.
- Carrots are high in **vitamin A**, which help promote good vision as well as help us grow and develop.
- Baby corn is full of **fibre**, which makes us feel fuller for a longer period of time.
- Broccoli is full of loads of vitamins, including **vitamin B5** and **B9**, **vitamin C** and **K**. These all offer a wide range of health benefits, such as promoting healthy skins, hair and eyes, helping to process protein, protecting cells and helping our blood to clot.

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We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

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