

## Simple stir fry



### Ingredients:

- A packet of egg noodles
- Oil
- 2 chicken breasts (sliced)
- 1 onion (sliced)
- A handful of broccoli florets
- A handful of mushrooms (sliced)
- 1 garlic clove (finely chopped)
- 2-3 tablespoons of soy sauce
- 2-3 tablespoons of honey
- 1-2 tablespoons of rice wine vinegar or lime juice

# IN THE KITCHEN - Simple stir fry

## You'll also need:

- A frying pan or wok
- A mixing bowl

## Method:

- Follow the packet instructions to cook the noodles
- In a frying pan or wok heat a little oil
- Once it's hot, add the chicken and cook for around 5 minutes
- Add the onion, broccoli, mushrooms and garlic
- Fry them together until the chicken is fully cooked and the vegetables have softened
- In a bowl, mix together the soy sauce, honey and rice wine vinegar/lime juice, adding more or less of the ingredients to suit your taste

- Add the sauce to the chicken and vegetables and heat through
- Serve with the noodles and enjoy

### TOP TIP:

Try this recipe with peppers, red onion, green beans