



15
Minutes

Lunch Recipe

Stir Fry (Hob)

Allergens



EGGS



WHEAT



SOYA

Utensils



Sharp
knife x2



Wooden
spoon



Wok



Chopping
board x 2

You will need...



one chicken
breast



half a red
pepper



1 Tsp
rapeseed oil



one spring
onion



1 pack straight-to-wok
medium egg noodles



1 Tbsp light
soy sauce



a few
mange tout



a few
baby corn

- 1** Turn the hob onto a high heat and pop the wok on top



- 2** Add the rapeseed oil to the wok and let it get nice and hot



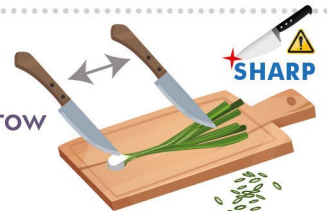
- 3** On a chopping board, chop the chicken breast into thin strips



- 4** On a separate chopping board, chop the red pepper into thin strips



- 5** Chop the spring onion into slices, throw away the top and bottom



- 6** Add the chicken to the wok stir with a wooden spoon



- 7** Fully cook the chicken for around 5 minutes, until a golden-brown



- 8** Add the red pepper, the baby corn and mange tout to the wok, and stir for a few minutes



- 9** Add the egg noodles and stir around for 2 minutes. Add the soy sauce and mix well. Allow to cook for a further minute



- 10** Put the stir fry to a plate and top with the sliced spring onion... Enjoy your lunch!

