

STIR FRY

Ingredients

1 piece of chicken or turkey meat
 $\frac{1}{2}$ onion
 $\frac{1}{4}$ red / green pepper
 $\frac{1}{4}$ courgette
2 mushrooms
 $\frac{1}{2}$ carrot
1 portion of noodles
15ml oil

Method

1. Half fill a pan with water. Bring to the boil.
2. Cut the meat into small pieces with food scissors.
3. Wash and prepare the vegetables by chopping them into evenly sized pieces.
4. Heat the oil in a frying pan. Add the meat and stir - fry until browned.
5. Place the noodles in the boiling water and allow to stand for 4 minutes. Stir occasionally with a fork to separate the noodles.
6. Add the vegetables to the frying pan and stir - fry for 4 - 5 minutes until cooked.
7. Drain the noodles through a sieve.
8. Arrange the noodles on a serving dish and place the Stir-Fry on top.