



Tom Read

My personal Journey.

STIR FRY CHICKEN & NOODLES

Ingredients

Fry Light

Chicken Breast cut into thin slices

Pack of dried noodles

Chopped spring onions (Speed)

1 medium sliced white onion (Speed)

Beansprouts (Speed)

Green Beans (Speed)

Salt & Black Pepper

2 tbsp Dark soy sauce

2 tbsp Light soy sauce

Chinese 5 Spice

2 tbsp Balsamic Vinegar

2 Tbsp Rice Wine Vinegar



These are the Noodles that most UK Chinese takeaways use.

They really are the best
They can be ordered online at:
www.ziangs.com
(Usually next day delivery)

Method:

1. Par Boil the Green Beans & set aside
2. Prepare the dry noodles as stated on the pack, drain & set aside.
3. Generously spray a wok with Fry light and place on high heat.
4. When hot, add the chicken strips and stir fry until they are cooked
Remove from the Wok and set aside.
5. More Fry Light, add the sliced onions, Add a little Salt & Black Pepper. Stir-fry until the onions start to brown off.
6. Add the Green Beans, Stir Fry for a couple of minutes then add the Chicken & noodles.
7. After another 2 minutes add the beansprouts.
8. Add a little more salt & Black Pepper
9. Add Light & Dark Soy Sauce, Balsamic Vinegar, Rice Wine and Chinese 5 Spice
And continue stirring until it is all heated through.
10. Last add the spring onions for a few seconds and Serve.

TOTAL SYNS = 0