**Chilli Chicken Stir-Fry**

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| ***Ingredients***  | ***Equipment***  |
| 1 chicken breast |  wok |
| 2 spring onions | sharp knife |
| half a pepper (any colour) | chopping board |
| 2 cloves garlic | saucepan  |
| 100g dry egg noodles | colander  |
| a few mushrooms | wooden spoon |
| 1 tbsp. vegetable oil | scissors  |
| soy sauce/sweet chilli sauce |  |

***Method***

1. Prepare yourself and your work area. Get equipment out.
2. Fill the saucepan half full with boiling water and place the noodles in it, leave to soak.
3. Peel and chop the garlic into small pieces.
4. Slice the spring onions, pepper and mushrooms finely.
5. Cut the chicken breast into small pieces using the scissors.
6. Heat the oil in the wok and fry the chicken for a couple of minutes.
7. Add the garlic and vegetables and stir-fry for a few more minutes.
8. Drain the noodles into the colander and add the noodles to the wok.
9. Add your choice of sauce to taste.

