

Yr 7 - Chinese Stir-Fry - work in pairs

Ingredients

100g Noodles
150g Frozen
vegetables
1 Clove garlic
 $\frac{1}{2}$ Teaspoon Chinese
Five Spice
1cm Fresh ginger
 $\frac{1}{2}$ Onion
3 Mushrooms $\frac{1}{2}$
Red pepper
 $\frac{1}{2}$ Pak choi
Splash of oil
1 Tablespoon soy sauce
1 Vegetable stock cube
50ml Water

Equipment

- Large saucepan
- Wok
- Jug
- Colander
- Chopping board
- Sharp knife
- Garlic press
- Wooden spoon
- Foil tray

Method

1. $\frac{1}{2}$ fill saucepan with water, when simmering, add noodles.
2. While noodles are cooking peel and crush garlic with garlic press.
3. Peel and thinly slice ginger.
4. Chop the pak choi into shreds.
5. Slice the onion, pepper and mushrooms.
6. Heat the oil in wok.
7. Add the onion, garlic, five spice and ginger to the wok and cook for 1 minute.
8. Add the remaining vegetables, crumbled stock cube, 50ml water and soy sauce and cook for 2 minutes.
9. Drain the noodles through the colander
10. Stir noodles into wok and cook for 2 minutes.
11. Add $\frac{1}{2}$ of Stir Fry to your foil tray and leave to cool with no lid on.
12. When cooled, put lid on and put in fridge.

