

# Chicken & vegetable stir fry

**Serves: 4-6**

**From the garden:** onion, mixed vegetables and greens, coriander

## Ingredients:

2-3 tbsp sunflower oil

1 brown onion

3 cloves garlic

1 chicken fillet

1 packet hokkien noodles

1 red chilli or 1tbsp sweet chilli sauce

6 cups mixed chopped vegetables (such as broccoli, cauliflower, cabbage, silverbeet, spinach, capsicum, carrot, spring onion, any asian greens, mushrooms, snow peas, beans, etc... the list is endless!)

2 tbsp soy sauce

2 tbsp oyster sauce

1 tbsp honey or brown sugar or palm sugar

Fresh coriander leaves (garnish)

water

## Equipment:

basic toolbox, chopping board, metal bowls, large knife, colander, wok, wok sang

## Method:

1. *Because a stir fry is a dish that is cooked very quickly you need to have all your ingredients prepared and set aside in small bowls.*  
Wash all vegetables thoroughly and leave to dry in colander. Prepare any large vegetables. That is, peel any vegetables that need peeling.  
Cut all vegetables in small bite size pieces. Leafy greens can be roughly torn or chopped into large pieces. Slice mushrooms thinly. Slice onion into thin wedges.
2. Measure out all your liquid sauces into a small dish.
3. Peel garlic, crush with garlic crusher and set aside.
4. Slice chicken into thin pieces and place in a small bowl.
5. **\*Place hokkien noodles in a small bowl and cover with boiling water.** \*Make sure they are on a trivet. Drain excess liquid just before using.
6. Double check that you now have all your ingredients ready to go.
7. Put wok onto stove burner and put on medium-high heat. Add oil and wait until oil is hot.
8. Add onion to wok and using a "wok sang" stir constantly until it begins to colour.  
Add chicken pieces and stir fry for 5 mins.
9. Add fresh chilli (if using) and garlic and stir fry for 1 minute.
10. Now add the hard or woody vegetables, (such as cabbage, broccoli, carrots, etc).  
Add sauces and a little water. Stir constantly. When these vegetables are nearly soft add your soft or leafy vegetables, (such as snow peas, mushrooms, spinach, bean shoots, asian greens, etc). Also add the drained noodles. Add more water if the stir fry is too dry.
11. When all the vegetables are ready, pour out onto serving platter. Garnish with coriander.

**Tasks within two** \* \_\_\* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School