

Ooodles Noodles Stir-Fry



Ingredients

1 tbsp tomato sauce
1 tbsp brown sauce
1 tbsp honey
1 tbsp soy sauce
(reduced salt if possible)
1 tsp 5 spice
250g egg noodles
1 tsp of rapeseed oil
A tsp of sesame oil (optional)
300g chicken breast, in strips
1 onion, sliced
2 cloves of garlic, crushed
1 chilli, finely chopped
3cm fresh ginger, grated
1 red pepper, sliced & deseeded
50g cucumber, in sticks
2 pak choi, quartered
1 small gem lettuce, quartered
6 radishes, quartered
100ml vegetable stock



Method

Serves 4

- 1 Mix together the tomato sauce, brown sauce, honey, soy sauce and 5 spice in a bowl, then set this aside.
- 2 Soak the noodles in boiling water for 10 minutes, drain and toss in a little sesame oil.
- 3 Put a splash of rapeseed oil in the wok/pan. Stir fry your chicken for 5 minutes.
- 4 Now add the onions, garlic, chilli and ginger before cooking for a further 2 minutes.
- 5 Add the red pepper, cucumber, pak choi, lettuce and radish to the pan with the vegetable stock. Allow the mix to steam quickly for about 1 minute!
- 6 Pour the tomato sauce mixture into the wok/pan and give it a stir.
- 7 Divide the noodles into 4 bowls, top with your juicy chicken and veggies, then serve it up - delicious!