

Ginger Chicken & Vegetable Noodles

Serves 8-10

INGREDIENTS:

- 2 tbsp sunflower oil
- 400g chicken breasts, thinly sliced
- 2-3 tsp ginger paste
- 2-3 tsp garlic paste
- Bunch of spring onions, chopped diagonally, or 1 diced onion.
- 400g vegetables of choice, e.g., peppers, baby corn, broccoli, cut into bite-sized pieces
- 200ml vegetable stock, alternatively use cider vinegar
- 3 tbsp soy sauce
- 400g noodles, egg or rice



METHOD:

1. Cook the noodles as per the packet instructions. Meanwhile, heat the oil in a large wok, frying pan or roasting tin and stir-fry the chicken for 5 mins until brown.
2. Add the ginger and garlic and cook for 2-3 mins. Add the spring onions (reserving a handful for a garnish) and the vegetables, and cook for a further 5-8 mins.
3. Drain the noodles and add to the pan along with the vegetable stock and cider vinegar, and stir well to combine.
4. Drizzle over the soy sauce, scatter with the remaining spring onions, and serve.

Allergens:

Sulphite, Soy, Gluten, Egg

For a **vegetarian** version, substitute the chicken with tofu, Quorn or a white bean e.g., butter beans.

For a **soy-free** version, substitute the soy sauce with tamari sauce.

For an **egg-free** version, substitute the egg noodle with rice noodles.

For a **gluten-free** version, substitute the egg noodles for rice, and the soy sauce with tamari.

For more home learning ideas, visit leyf.org.uk/home-learning