

EASY FOOD

Recipes

Chicken noodle stir fry



What you need



Serves: 2-3

Allow: 20 minutes preparation

20 minutes cooking

1 chicken breast (remove skin)

6 button mushrooms

$\frac{1}{2}$ capsicum

1 small brown onion

$\frac{1}{2}$ broccoli

200g wok-ready rice noodles

Ready-made stir fry sauce

of choice, *see step 10*

Olive oil (to cook)

To cook



Chopping board

Knife

Tongs

Frying pan

Serving bowl



Remember to wash your
hands before starting

1



Halve, peel and slice onion



2



Slice capsicum into strips



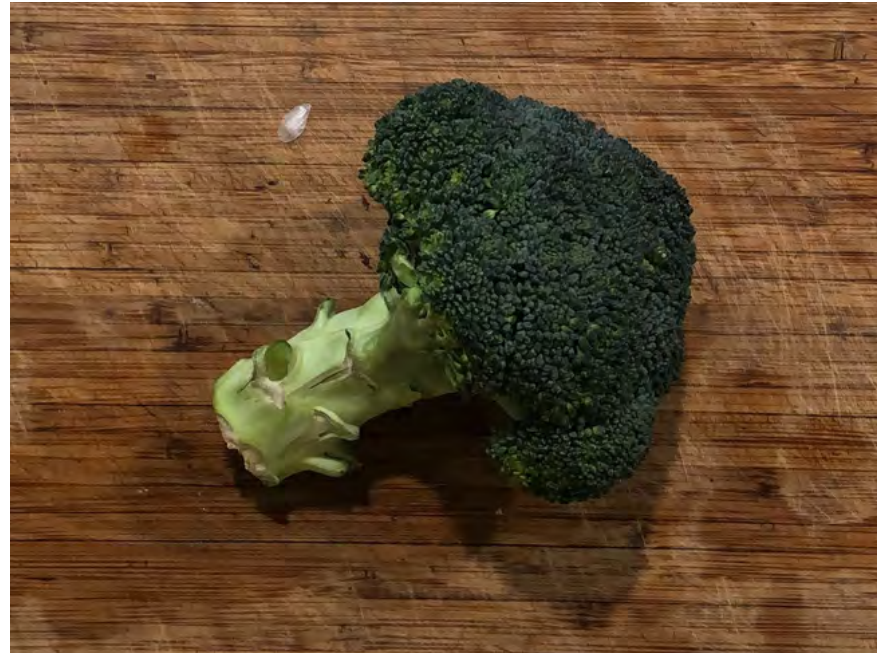
3



Slice mushrooms



4



Cut 6 florets of broccoli and halve florets



5



Trim any fat off chicken breast, halve and slice

FOOD SAFETY

Always use separate boards for vegetables and raw meats



6

Cover pan with a spray of oil or pour 1 tablespoon of oil onto pan. Turn stove onto medium-low heat.



1 tablespoon = 20ml



7

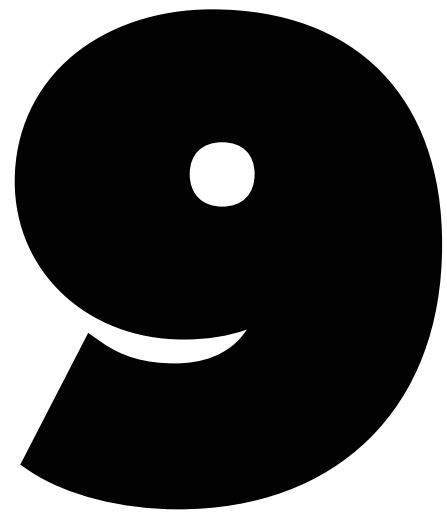
After 2 minutes or when pan is hot, add onions and cook gently until softened



8

Add chicken to pan, fry until browned



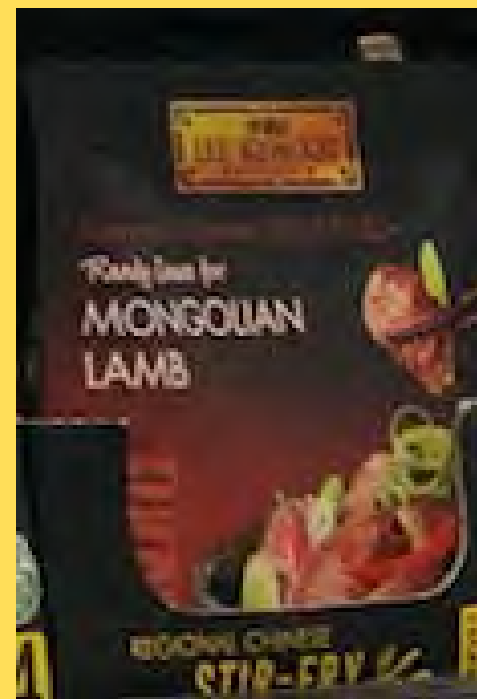


Add mushrooms, capsicum and broccoli.
Cook for 5 minutes until vegetables are
softened or cooked to your liking.



10

Add ready-made stir fry sauce while vegetables are cooking



Use the packet directions as a guide for the amount to use



11

Add noodles to pan, cook for 2 minutes or until heated through



12

Turn stove off. Place stir fry in serving bowls or store in the fridge for later.



ENJOY!

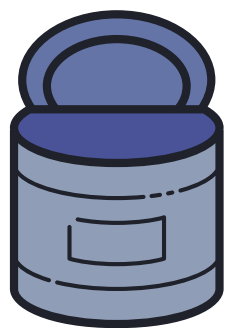
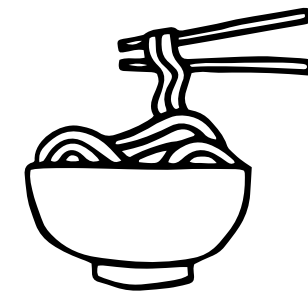


More ideas



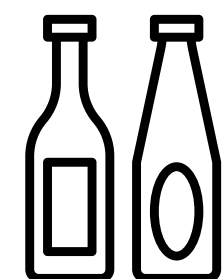
Stir fries are great for using up any **leftover vegetables**

Try **other noodles** like hokkien or egg



Try using **canned chickpeas or tofu** instead of chicken for a vegetarian version

Try making your **own sauce** using combinations of plum, oyster, soy sauce and honey



Chicken noodle stir-fry

Serves: 2-3

Allow: 20 minutes preparation
+ 20 minutes cooking

What you need

Chopping board	1 chicken breast, skin removed
Knife	6 button mushrooms
Tongs	½ capsicum
Frying pan	1 small brown onion
Serving bowl	½ broccoli
	200g wok-ready rice noodles
	Ready-made stir fry sauce
	Olive oil (to cook)



For vegetarian version: Drain and rinse the chickpeas or cut the tofu into small pieces. Ignore steps 5 and 8. Add chickpeas or tofu with sauce at Step 10.

Method:

1. Peel, halve and slice onion and set aside.
2. Slice capsicum into strips and set aside.
3. Slice mushrooms and set aside.
4. Cut 6 florets of broccoli, halve florets and set aside.
5. Trim any fat off chicken breast, halve longways and slice into strips, then set aside.
6. Cover pan with a spray of oil or pour 1 tablespoon of oil onto pan. Then turn stove onto medium-low heat.
7. After 2 minutes or when pan is hot, add onions and cook gently until softened.
8. Add chicken to pan and fry until browned.
9. Add broccoli, mushrooms and capsicum to pan and fry for 5 minutes until vegetables are softened or cooked to your liking.
10. Add ready-made sauce to pan.
11. Add noodles to pan and cook for 2 minutes or until heated through.
12. Turn stove off. Place stir fry in serving bowls or store in the fridge for later. Enjoy!

EASY FOOD

Health Promotion Illawarra Shoalhaven

ISLHD-HealthPromotion@health.nsw.gov.au

4221 6728



Health

Illawarra Shoalhaven
Local Health District