

UNHEALTHY OPTION



STIR IT UP!



STIR IT UP! (serves 1)

Approximate cost:	£1.20 (tofu) or £1.40 (chicken)
Preparation and cooking time:	20 mins
Equipment needed:	frying pan, saucepan, chopping board and knife.

Ingredients

- 1 teaspoon of olive oil / teaspoon Chinese 5 spice
- 1 teaspoon dried chilli powder (optional)
- 1 finely chopped garlic clove (optional)
- 1 teaspoon of finely chopped fresh ginger (optional)
- 2 thinly sliced chicken thighs or a handful of cubed tofu
- Handful of sliced mushrooms
- 1 sheet of egg noodles (cooked as per instructions)
- Handful of beansprouts / courgettes (sliced into strips)
- 1 teaspoon sugar
- 1 teaspoon soy sauce
- Onion, sliced

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Cooking Instructions

- 1) Heat the oil in a frying pan or wok. Gently fry the garlic, Chinese-5-spice, chilli powder and ginger (if using) for one minute..
- 2) Add the sliced chicken (or tofu) and onions and fry until brown. This should take about 5 minutes.
- 3) Add the mushrooms and cook for a further minute.
- 4) Add the noodles and remaining vegetables along with the soy sauce and sugar. Keep stirring all the time. The vegetables should be cooked through but still crunchy. This should take approximately 5 minutes. It's now ready to serve.

Variations

You can add any of your favourite vegetables. Here are some suggestions:

- Thinly sliced onions, mushrooms, carrots, courgettes or peppers.
- Sugar snap peas, babycorn, beansprouts or peas
- Finely chopped broccoli, cauliflower, chinese lettuce or spinach

Remember: you can use fresh, tinned or frozen vegetables – all are nutritious and tasty!

Or protein alternatives – prawns, salmon, pork, quorn or beancurd.

Dress it up like the restaurants...

Sprinkle chopped spring onion and/or coriander on top!

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