

Make stir-fry noodles with Mixer



This tasty recipe contains lots of colourful vegetables and is a great way to make sure you get your 5 A DAY.



The Chinese New Year is celebrated every year between January and February. Lucky red and gold decorations are hung around the house and families gather together for a traditional meal.

Ingredients (serves 2):

- 8 small broccoli florets
- 1/2 yellow pepper, chopped
- 1/2 red pepper, chopped
- 8 mangetouts, cut in half
- 4 baby sweetcorn, sliced lengthways
- 3 spring onions, cut into short pieces
- 2 teaspoons olive oil
- 1 chicken breast, chopped
- 100g rice noodles
- 1 garlic clove, finely chopped
- 3 tablespoons water
- 2 tablespoons reduced-salt soy sauce
- 1 teaspoon clear honey



Equipment:

- knife
- wooden spoon
- teaspoon
- tablespoon
- cutting board
- 1 large and 1 small non-stick frying pan
- saucepan
- bowl
- chopsticks



First, ask an adult to help you chop all of the vegetables, and heat 1 teaspoon of the oil in the small frying pan. Cook the chopped chicken breast for about 5 minutes and leave to one side in a bowl.



Cook the noodles by following the instructions on the packet. Then drain them and leave them to one side.



Now ask an adult to heat the remaining oil in the large frying pan. Stir-fry the garlic for 1 minute. Add the broccoli, peppers, mangetout, baby sweetcorn, half of the water and stir-fry for 2 more minutes. Then add the spring onions and cook for another minute.



Add the cooked chicken breast, noodles, reduced-salt soy sauce, honey and the rest of the water to the pan. Cook for about 3 minutes until the noodles and chicken are heated through.



Serve in a clean bowl. Enjoy your chicken and vegetable noodle stir-fry!

In China, people use chopsticks instead of forks and knives. Why don't you give it a go?

