

# Chicken and Vegetable Chow Mein Stir Fry

For Chicken and Vegetable Chow Mein Stir Fry to feed 5-6 you will need:

## Ingredients:

9 chicken pieces, boneless  
150g carrots, whole  
150g red peppers  
150g green peppers  
150g courgettes  
150g celery  
150g spring onions  
150g mushrooms  
3 medium pak choi  
60ml vegetable oil  
60ml light soy sauce  
300g egg noodles  
30g ginger, finely chopped  
1 red chilli, finely chopped



## Method:

1. Cut the carrots, peppers, courgettes and celery into 5cm strips
2. Slice the spring onions and mushrooms
3. Remove the skin from the chicken and cut into strips
4. Heat the oil in a pan and stir fry the chicken until golden and cooked
5. Add all of the vegetables, ginger and chilli, and cook for 2 minutes
6. Cook the noodles according to packet instructions
7. Remove the stir fry from the heat, stir in the soy sauce, and serve with the cooked noodles

Enjoy!