

Chinese Stir Fry



Ingredients:

- 1 portion of Egg Noodles
- 1 tablespoon Oil
- 1 tablespoon Soy Sauce
- Selection of 4 Vegetables i.e. Carrot, Beansprouts, Corn, Cabbage, French Beans, Cauliflower, Broccoli, Peppers etc.

Equipment:

- Saucepan
- Sharp Knife
- Chopping Board
 - Wok
- Wooden Spoon

Method:

1. Boil enough water to cover the noodles. When water is boiling add the noodles and cook for the required time
2. Prepare the vegetables
3. Drain the noodles in a colander
4. Put oil in the wok. Add the vegetables and fry on a medium heat for three minutes. Add the soy sauce
5. Stir in the noodles
6. Place in a container