

## Sizzling Stir-fry



sauce.

A stir-fry is an oriental dish traditionally made in a round-bottom pan called a wok using a high heat and a small amount of cooking oil. Dry seasonings are added including ginger and garlic, then at the first moment the seasonings can be smelled, meat is added. Once the meat is seared, vegetables along with liquid ingredients (for example premixed combinations of soy sauce, vinegar, oyster sauce, fish sauce, sugar, and cornstarch) are added. Before you design your own recipe, look up some good recipes ideas for the

### Learning Objectives

In this activity you will:

- become more confident preparing and cooking more ambitious main dishes.
- prepare a range of ingredients, e.g. de-seeding chillies, grating fresh ginger.

### Ingredients

100g noodles  
1 x chicken breast (or 3-4 thighs)  
½ red chilli  
1 clove garlic  
1cm fresh ginger  
½ red onion  
1 bok choy  
1/2 yellow pepper  
3 mushrooms  
1x10ml spoon oil  
1x10ml spoon soy sauce (reduced salt)

### Equipment

Chopping boards, knives, garlic press, grater, wok or frying-pan, wooden spoon, saucepan, colander, measuring spoon, serving dish, weighing scales.

### Method

1. Cook the noodles in boiling water. Check the packet for details.
2. While the noodles are cooking, remove any skin from the chicken and cut into strips. Place in the fridge, covered, until needed.
3. Prepare the vegetables with a fresh knife on a clean chopping board:
  - peel and crush the garlic;
  - de-seed and slice the chilli;
  - peel and slice the ginger;
  - slice the onion, pepper and mushrooms;
  - shred the bok choy.
4. Heat the oil in the wok or frying pan.
5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
6. Add the chicken and stir-fry for 3-4 minutes. Check that the chicken is cooked.
7. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
8. Drain the boiling hot water away from the noodles into a colander in the sink
9. Stir in the cooked noodles and cook for 2 minutes until hot.
10. Serve.

### Top tips

- Use noodles that have already been cooked.
- Vary the vegetables – leeks, courgettes and carrots all work well.
- Go for tofu instead of chicken for a vegetarian alternative.

## Design your own Stir-fry

### Plan of Making for Stir-fry

Design your own stir-fry recipe. Plan how you are going to make it. You can use a recipe to help you but you need to include any changes on your plan.



#### Assessment for Learning

Working towards...

- appropriate equipment. Level 4 - write step-by-step plans and select
- appropriate. Level 5 - write detailed plans, changing them where
- Level 6 – Be creative. Write a detailed plan that outline alternative ingredients/ methods.

**Ingredients**

**Equipment**

**Method**

<b>Level for this work</b>

