

Chicken or tofu stir-fry

Ingredients

1 x chicken breast (or 3-4 thighs) or 100g tofu
½ red chilli, deseeded and sliced
1 glove garlic, crushed
1cm fresh ginger, finely chopped (optional)
1x10ml spoon oil
½ red onion, sliced
1/3 green pepper, sliced
1/3 yellow pepper, sliced
2-3 mushrooms, sliced
1x10ml spoon soy sauce

Equipment

Chopping board, knife, garlic press, wok/saucepan, measuring spoon.



Method

1. If using chicken, cut into strips. Place in the fridge, covered, until needed.
2. Using a clean chopping board and knife, prepare the vegetables.
3. Heat the oil in the wok/saucepan.
4. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute.
5. Add the chicken or tofu and stir-fry for 3-4 minutes.
6. Add the remaining vegetables and soy sauce and continue to cook for a further 2 minutes.
7. Serve.

Tips

- * Vary the vegetables – leeks, courgettes and carrots all work well.
- * Other types of meat could be used, e.g. thin strips of bean or turkey.
- * Mix in ready cooked noodles or rice for a quick main meal.