

DELICIOUS Chicken Stir-fry

Maltby
masterchef



Chicken Stir-fry

Serves: 4 people
Time to cook: 30 minutes

How to cook

1. Put the oil in the frying pan until red hot.
2. Fry the chicken for 5 minutes.
3. Add the carrot and red pepper and cook for a further 2 minutes.
4. Add the cabbage, beansprouts and mushrooms and cook for a further 2 minutes.
5. Finally add the garlic, ginger, coriander and soy sauce and cook for a further 1 minute.

TOP TIP

Serve with boiled rice or noodles to make it extra tasty!

Ingredients

- 1 small bag of bean sprouts
- 3 chicken breasts, diced
- 6 closed cup mushrooms, sliced
- 1 small savoy cabbage, chopped into strips
- 2 tbs of soy sauce
- 1 large carrot, sliced into thin strips
- 2 red peppers, sliced into thin strips
- 1 inch of root ginger, sliced into thin strips
- 3 cloves of garlic, sliced into thin strips
- 1 bunch of coriander, chopped

**Congratulations to our winning chefs
from Maltby Academy:**
Tahnee Newberry, Ashleigh Pollard
and Emma Cartlidge



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