## DELICIOUS Chicken Stir-fry



## 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

## How to cook

Serves: 4 people

1. Put the oil in the frying pan until red hot.

2. Fry the chicken for 5 minutes.

Time to cook: 30 minutes

Add the carrot and red pepper and cook for a further 2 minutes.

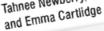
- 4. Add the cabbage, beansprouts and mushrooms and cook for a further 2 minutes.
- Finally add the garlic, ginger, coriander and soy sauce and cook for a further 1 minute.



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

Congratulations to our winning chefs

from Maltby Academy: Tahnee Newberry, Ashleigh Pollard











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