Dissolve the chicken stock in hot water from kettle. Leave on one side.

Heat the oil in a large frying pan or wok. Add onion, garlic, carrots, red pepper and mushrooms and cook for 2 minutes, keeping everything moving so it doesn't stick (you can also put in the ginger and chilli in at this stage).

Add the chicken strips and fry for 2 more minutes.

Add the dissolved chicken stock and 2 tablespoons of soy sauce and cook for 7 to 10 minutes.

Serve with egg or rice noodles, adding more soy sauce to taste.

**Ingredients**

- 375g skinless chicken breast fillets, cut into strips
- 2 large carrots cut into sticks
- 5 mushrooms sliced
- 2 garlic cloves, chopped
- 1 medium onion, sliced
- 100ml hot water
- 2 tablespoons olive or vegetable oil
- 4 tablespoons soy sauce
- 1 chicken stock cube

You could also add:
- 1" of fresh ginger, finely chopped
- Half a green chilli, finely sliced

**Time to prepare:** 25 minutes  
**Serves:** Four people  
**Cost:** £7
Egg or Rice Noodles

Time to prepare: 5 minutes
Serves: Four people
Cost: £1.30 or less

Ingredients
375g egg noodles/rice noodles
Boiling water

1. Bring water to boil in a large pan.
2. Add noodles to boiling water and cook for four minutes or until soft.
3. Drain noodles and serve with stir fry.