

Chicken stir fry

Ingredients

- 2 Chicken breast
- 1 pepper
- 1 onion
- 4 mushrooms
- 6 broccoli florets
- 1 clove garlic
- 1 small piece of Ginger
- 6 tbsp soy sauce
- 2 tbsp honey
- 2 tsp Chinese five spice
- 1 tbsp cooking oil

Equipment List

- Small bowl
- Knife
- Spoon
- Peeler
- Frying pan
- Chopping boards
- Garlic press
- Wooden triangle

Step 1:
Cut your chicken into small bitesize pieces.
In a bowl, mix your soy sauce and five spice. Then pour this over the chicken to marinate.



Step 2:
Peel your garlic and crush.
Peel ginger and chop into fine pieces.
Chop your vegetables.



Step 3:
Place chicken in frying pan with oil and cook on medium/high heat until it is cooked through.



Step 4:
Add the vegetables to the pan and cook for another 3 minutes and add your sauce mixture.
Cook for another 3 minutes to ensure your chicken is fully cooked. Add the honey and any extra soy sauce to taste.



Step 5:
Serve with pre-prepared noodles.

