



There was a 'Stir-Fry' pack in the Yellow Sticker fridge at the local Supermarket. As we'd frozen it we binned the vegetables and just used the Chicken. But at 92p who's complaining? (Not us!)

Ingredients:-

250g of Sliced Chicken mini fillets
1 Onion, finely sliced
2 Cloves of Garlic, minced
½ a Red Pepper, finely sliced
2 Spring Onions, chopped
4 Mushrooms, sliced
A handful of Bean Sprouts
Chopped Kale
Toasted Hazel Nuts ([Recipe Here](#))
Soy Sauce (Gluten free in our case)
Ginger powder
Cornflour
Salt & Pepper
Oil to fry

Method:-

- (1) Marinade the Chicken in Soy Sauce, Cornflour, Salt & Pepper for 20 minutes.
- (2) Fry the Chicken in a little Oil until tender but not pink.
- (3) Remove from the Wok or pan and set aside.
- (4) Add the Onion, Garlic and Red Pepper with a splash of Soy Sauce & Ginger powder.

(5) Fry on a high heat stirring as you go.

(6) Add the remaining ingredients ? stir and fry until steaming hot but not wilted.

Serve over boiled Rice with Fries and Prawn Crackers for the most unconventional but typically English Chinese Fake-Away!