



We roasted our own Chicken, but a cool roasted bird will do the job just as well.

Ingredients:-

½ a cool cooked Chicken

1 Onion

3 Cloves of Garlic

Mushrooms

Parsnips

Cauliflower Leaves, or white Cabbage

Mixed pickled Vegetables ([Click here for the recipe if you would like to make your own](#))

8 Cherry Tomatoes

Vegetable Oil for frying both the stir-fry and some in a pan to crisp some of the noodles

Paprika

Oyster and Spring Onion sauce

Soy Sauce (Gluten free is available from most supermarkets)

1/2 a pack of Rice Noodles

Method:-

(1) Chop the vegetables and grate the Garlic.

(2) Halve the Tomatoes and Mushrooms.

(3) Chop the Chicken meat into manageable pieces but not too small so it doesn't break down when fried.

(4) Add oil to a deep sided frying pan or Wok if you have one and heat to a high heat.

(5) Fry the Parsnips, Cauliflower leaves, Garlic and Onions. Any root vegetables will do.

(6) Stir in a teaspoon of Paprika.

(7) Add the remaining Mushrooms, Tomatoes and Chicken, pickled Vegetables and fry, turning as they heat through.

(8) Boil a pan of water then remove from the heat. Add the Rice Noodles and soften them. Drain and rinse with cold water and set aside.

(9) Add the Oyster and Spring Onion sauce and a hearty glug of Soy Sauce to the Stir-fry and mix well.

(10) Keep a handful of noodles to fry and add the remaining Noodles into the Stir-fry and mix well.

(11) Heat a little oil in a pan and gently fry a hand full of the Rice Noodles one at a time until they are crispy.

(12) Serve and add the crispy Noodles to the top to add a little extra crunch.