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Satay Chicken Stir-Fry

Shopping List:

400 grams of Diced Chicken.

3 Tablespoons of Peanut Butter.

1 Tablespoon of Sweet Chilli Sauce.

2 Tablespoons of Soy Sauce.

300grams of Stir-Fry Vegetables.

1 Tablespoon of Sesame Oil.

1 Teaspoon of Ginger paste.

1 Pack of whole-wheat noodles.



Equipment List:

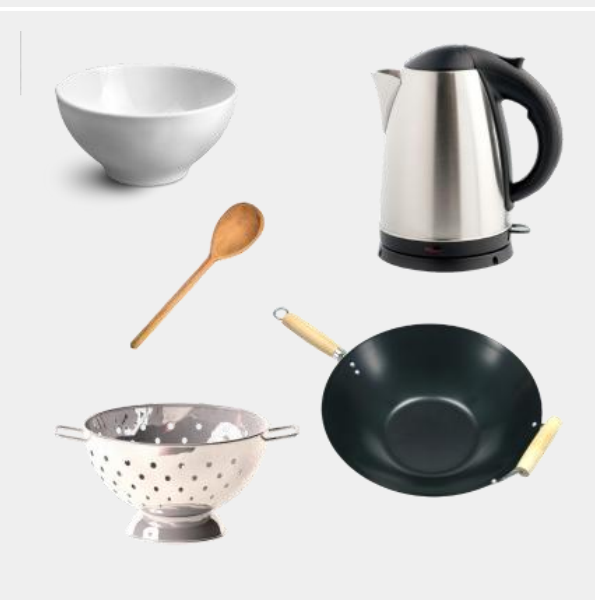
1 Medium sized bowl.

A Wooden Spoon.

A Large Wok.

A Colander.

A Kettle.



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Step 1.

Add noodles to a bowl and add boiling water to cook.



Step 2.

After 5-10 minutes strain the noodles in a colander.



Step 3.

In a bowl mix together all ingredients for the sauce.

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Step 4.

Turn on hob to medium/high and place the wok on the cooker.

Add oil when hot.



Step 5.

Add chicken to wok and cook until golden brown

Add vegetables, mix and reduce heat when cooked.



Step 6.

Add sauce to the wok and mix.

Cook on a medium/low heat.

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Final Step.

Add Stir-Fry to plate and enjoy.

Recipe serves 3-4 people.