



Stir-fried Chicken Noodles with Bramley

 **Preparation time:** 10 minutes

 **Cooking time:** 10 minutes

 **Serves:** 4

Ingredients

225g/8oz medium egg noodles
2 tbsp vegetable oil
4 chicken breast fillets, sliced
450g/1lb (approx 3) Bramley apples, cored and sliced
1 red pepper, sliced
100g/4oz mange tout
1 clove garlic, chopped
2.5cm/1 inch piece root ginger, grated
3 tbsp dark soy sauce
1 tbsp clear honey
1 tbsp Chinese cooking wine (optional)
1 tbsp sesame seeds
4 spring onions, thinly shredded

1. Cook the noodles according to packet instructions, then drain and set aside.
2. Heat the oil in a large frying pan, add the chicken and stir-fry for four minutes or until golden brown. Add the Bramley slices and pepper and continue to stir-fry for another three minutes. Then add the mange tout, garlic and ginger and stir-fry for two minutes.
3. Add the remaining ingredients and simmer for 30 seconds. Toss the noodles into the other ingredients and serve in bowls.

