

Lockdown Dinners 3 – Chicken Thigh Stir Fry

Ingredients

1. Chicken Thighs
2. Noodles
3. Carrots
4. Courgette
5. Cucumber
6. Stock Cubes
7. Honey
8. Tabasco
9. Soy Sauce

Recipe

1. Boil the kettle, to cook the noodles
2. Add a good splash of oil to a heavy pan – start to cook the chicken one side down
3. Whilst that's cooking peel the carrot, slicing it thinly
4. Cut the courgette keeping the green sides, then cut them into strips and add into a bowl with the carrot
5. Cut your broccoli and chilli to the same size as your courgette and carrot
6. Keep cooking the chicken on one side
7. Add your kettle water, along with vegetable stock into a separate pan – bring to boil
8. Now, in a separate bowl mix honey, tabasco, soy sauce and a bit of Worcester sauce and a splash of water
9. Drop your noodles into the boiling pan of water, breaking them up with a fork
10. Turn the heat off and let the noodles sit in the stock to cook
11. When the chicken is nice and golden on one side, pour your bowl of sauces straight into the pan
12. Add tin foil over the top to allow them to steam, turning the heat down
13. Leave for 25/30 minutes
14. Meanwhile, drain the noodles which should be cooked – trying to keep the stock water
15. When the chicken's cooked, remove the tin foil and allow the sauce to reduce by continuing to cook it on a low heat. Once it's cook put to one side
16. Grab yourself a wok and add to heat – adding the chopped up veg once it's hot
17. Just as the veg begins to soften, add the drained noodles into the wok
18. Give it a little stir, letting a bit of heat get into the bottom of the pan and then keep it still – pouring in a bit of the stock water
19. Tom adds in a splash of red sauce for spice (but this is optional)
20. Now, add your veg to a bowl – placing the cooked chicken on top.
21. With a spoon, drizzle some of the sauce from the chicken pan over the top of the stir fry