

Ingredients in bold type are optional

Sizzling stir fry

Ingredients

100g noodles
1 x chicken breast (or 3-4 thighs)
1 clove garlic
½ red chilli
1cm fresh ginger
½ red onion
3 mushrooms
1/2 yellow pepper
1 pak choi
1 x 10ml spoon oil
1 x 10ml spoon soy sauce (reduced salt)

Eatwell Guide

Using coloured crayons highlight the ingredient which fits into each food group of the eatwell guide.

Which food group is not represented here?

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