

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.