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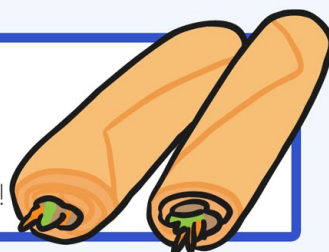
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The Chinese New Year Recipe Book



Crispy Spring Rolls

These crispy spring rolls are packed full with vegetables and protein!



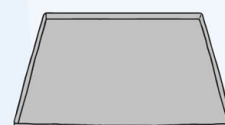
You will need...

Ingredients

- 4 spring onions
- 1 clove of garlic
- 1 red pepper
- 1 small courgette
- A handful of bean sprouts
- 1 chicken breast
- A splash of soy sauce
- 1 inch of fresh ginger
- A pinch of 5 spice
- Olive oil
- 8 filo pastry sheets

Equipment

- Oven
- Sharp knife
- Frying pan
- Wooden spoon
- Baking tray
- Fine grater
- Small bowl



What you do...

1. Turn the oven on at 190C or gas mark 5.
2. Thinly slice the spring onions, pepper and courgette into match stick sized pieces.
3. Finely dice the chicken.
4. Grate the garlic and ginger.
5. Heat a tablespoon of olive oil in the frying pan and fry off the chicken. It is cooked when it is no longer pink in the middle. Set the chicken to one side in the bowl
6. Add a splash more oil to the pan and then add garlic and ginger. Fry off the garlic and ginger for 30 seconds and then add the pepper and courgette.
7. Once the vegetables have begun to soften, add the spring onions and fry for another 30 seconds. You don't want the vegetables to get too soggy!
8. Add the chicken back into the pan along with the bean sprouts, 5 spice and soy sauce. Stir fry for another minute until the soy sauce has reduced and coated the chicken and vegetables and the bean sprouts have softened. Remove the pan from the heat.
9. Lay out a sheet of filo pastry and spoon on some of the stir fry mix along the shorter length of the sheet. Leave about two and half centimetres at the top and on each side of the pastry.
10. Fold in the top and each edge of the filo sheet. Gently roll the spring roll mixture to form a sausage shape.
11. Moisten the end of the filo sheet with a little bit of water to help it stick and tuck it under the roll. Repeat steps 9, 10 and 11 until you have used up all your stir fry mix and filo pastry.
12. Lightly oil the baking tray and lay the spring rolls on the tray, seam side down.
13. Brush the rolls lightly with oil and place on the middle shelf of the oven for 15 minutes. The spring rolls are cooked when the rolls are lightly golden and crispy!
14. Take the spring rolls out of the oven and wait for them to cool slightly.

Serve the spring rolls and tuck in! They are delicious eaten with sweet chilli sauce or hoi sin sauce!



Beef and Broccoli Stir Fry

This beef and broccoli stir fry is a perfect speedy scrummy dinner!



You will need...

Ingredients

Equipment



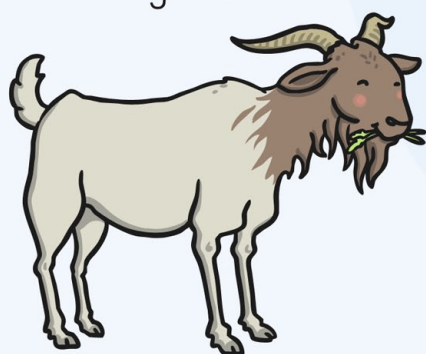
- 1 tablespoon of soy sauce
- 2 teaspoons of ground ginger
- A quarter of a teaspoon of sugar
- 2 teaspoons of corn flour
- 3 cloves of garlic
- 1 head of broccoli
- 1 beef steak
- Olive oil

- Oven
- Sharp knife
- Frying pan
- Wooden spoon
- Baking tray
- Fine grater
- Small bowl



What you do...

1. Cut your beef steak into bite sized strips.
2. Heat a tablespoon of olive oil in the pan and fry off the beef until it has browned. Remove the beef and set aside in one of the bowls.
3. Mix together the soy sauce, ground ginger, sugar, corn flour in the other bowl. Press the 3 garlic cloves in the garlic press and add these to the sauce mix too.
4. Cut the broccoli florets from the broccoli head.
5. In the same pan that you cooked the beef, add another tablespoon of oil. Add the broccoli florets and cook for around 3 minutes. You want the broccoli to keep some of its crunch! After 3 minutes, add the beef back into the pan along with the sauce mixture. Cook everything through for around 3 minutes, stirring continuously. Once the sauce has thickened and coated the beef and broccoli nicely take the pan off the heat. Serve your nutritious yummy stir fry with rice or noodles! Why not have a go at eating your stir fry with chopsticks?



Chicken Chow Mein

This recipe is a great home cooked spin on a takeaway favourite!



You will need...

Ingredients

Equipment



Thumb sized piece of fresh ginger
2 garlic cloves



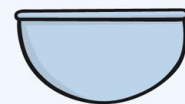
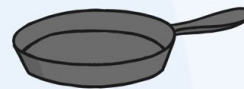
3 tablespoons of tomato ketchup
2 tablespoons of oyster sauce
2 tablespoons of soy sauce



1 large red pepper
5 spring onions
200g of beansprouts
2 chicken breasts

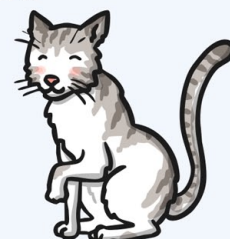


3 nests of medium egg noodles
1 tablespoon of olive oil



What you do...

1. Remove the skin from the fresh ginger and then grate it. Put the ginger in a bowl along with the ketchup, oyster sauce, soy sauce and 3 tablespoons of water. Crush the garlic cloves with a garlic crusher into the bowl and mix the ingredients together.
2. Cut the pepper and spring onion into thin strips about 4
3. centimetres long.
4. Cut the chicken into bite sized pieces.
Fill your saucepan with water and bring to the boil on the hob. Once the water has reached boiling, drop in the noodle nests.
5. Boil the noodles for 4 minutes and then drain the water.
Heat a tablespoon of oil in your frying pan or wok and add
6. the chicken. Fry off the chicken until it is no longer pink. Once the chicken has cooked through, add the pepper and stir
7. fry for a minute.
After a minute, add the sauce you prepared earlier and stir
8. until it begins to bubble and thicken.
Add the noodles, beansprouts and spring onions and stir
9. everything together until it is all well coated.
Serve the chow mein in bowls and tuck in!



Stir Fried Noodles

This noodle dish is bursting with flavour and crunchy vegetables!



You will need...

Ingredients

Equipment



150g pack of medium egg noodles
1 tablespoon of olive oil

A 2 1/2 centimetre piece of fresh ginger

2 cloves of garlic

1 large carrot

1 yellow pepper

100g of mange tout

2 spring onions

85g of beansprouts

2 tablespoons of soy sauce

1 tablespoon of white wine vinegar

Hob

Small bowl

Garlic press

Fine grater

Chopping board

Sharp knife

Saucepan

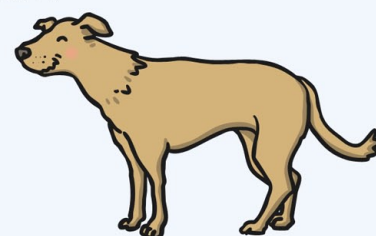
Frying pan or wok

Colander



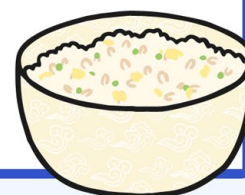
What you do...

1. Remove the skin from the ginger. Discard the skin and grate the ginger. Crush your garlic in a garlic crusher. Finely chop your pepper and carrot into matchstick sized pieces. Cut your spring onion widthways into small rounds.
2. Heat a large pan of water on the hob and add the noodles once the water has reached boiling point. Cook the noodles for about 4 minutes and then drain and set to one side. Coat the noodles in a little olive oil to stop them sticking together.
3. Heat a tablespoon of oil in your frying pan or wok. Add the ginger, garlic, carrot, pepper and mange tout and fry for 2 to 3 minutes, stirring continuously.
4. Add the noodles, spring onion and beansprouts to the pan and continue to stir.
5. Add the soy sauce and white wine vinegar to the pan and toss everything together for another minute.
6. Serve the noodles in bowls and enjoy! How about sprinkling on some extra bean sprouts for some added crunch?



Special Fried Rice

This rice dish is a great accompaniment to beef and broccoli stir fry!



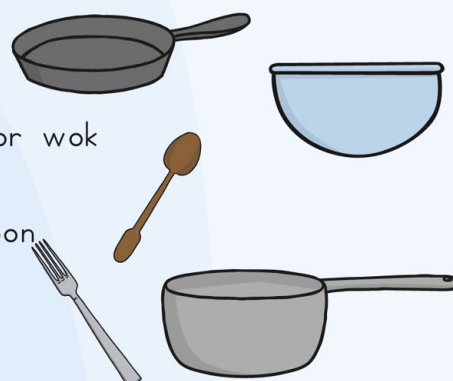
You will need...

Ingredients

- 200g of long grain rice
- 100g of frozen peas
- 1 egg
- Soy sauce
- A pinch of 5 spice
- Olive oil

Equipment

- Hob
- Saucepan
- Frying pan or wok
- Small bowl
- Wooden spoon
- Fork
- Colander



What you do...

1. Fill a pan with water and bring to the boil. Once boiling, add the rice and cook for around 16 minutes.
2. Whilst the rice is cooking, crack your egg into the small bowl. Fish out any bits of shell that have dropped in. Beat the egg with a fork and add a table spoon of soy sauce.
3. Add your frozen peas to the rice pan and cook for a further
4. two minutes.
5. Drain the rice and peas, rinse with cold water and set to one side.

6. Heat a tablespoon of oil in your frying pan or wok and add
7. the rice and peas.

Sprinkle in your pinch of 5 spice and stir well.

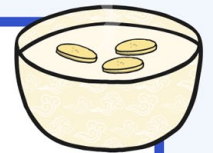
- After a couple of minutes, push the rice and pea mixture to the side of the pan. Pour in the egg and soy sauce mixture
8. into the space you have made in the pan. Stir quickly until the
9. egg starts to scramble. Once your egg is scrambled, mix the egg and rice and peas together.

Add another splash of soy sauce and stir well.

Serve the rice either alone in bowls or as an accompaniment to another dish such as beef and broccoli stir fry. Either way, the rice is scrumptious!



Hot Bananas in Coconut Milk

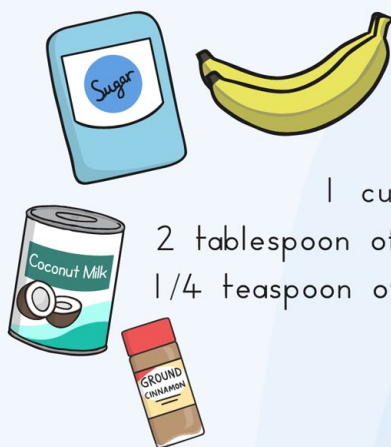


This simple exotic dessert is a warming way to round off any eastern inspired meal!

You will need...

Ingredients

Equipment



2 large bananas

1 cup of coconut milk

2 tablespoon of granulated sugar

1/4 teaspoon of ground cinnamon

Chopping board

Sharp knife

Medium sauce pan

Wooden spoon



What you do...

1. Peel the bananas and slice widthways into bite sized rounds.
2. Add the coconut milk to the sauce pan and bring to the boil gradually.
3. Add the sugar and cinnamon to the pan and stir until all the sugar has dissolved.
4. Add the bananas and simmer for 3 to 5 minutes. The bananas should be tender but not mushy.
5. Serve the milk and bananas hot in bowl with an extra sprinkling of cinnamon. Dig in to your delicious sweet dessert!

