

Recipe for:

RAINBOW VEGETABLE STIR FRY

Preparation time: 25 MINUTES

Serves: 4-6 PORTIONS

Ingredients

Dried or Ready to wok medium egg noodles
1 tablespoon vegetable oil
Small piece of fresh ginger, grated or finely chopped
1 clove of garlic, crushed
A selection of vegetables:
Packet Bean sprouts
3 Spring onions, sliced
Mushrooms, sliced
1 Pkt Baby Sweet Corn
2 Pak Choi
1 Chinese Cabbage
2 Peppers, sliced
Mange tout or sugar snap peas
1 Grated carrots

What you need for the sauce:

2 tbsp soy sauce - low salt
2 tbsp rice/cider vinegar
2 tbsp sweet chilli sauce

Equipment

Garlic Crusher
Vegetable Peeler
Grater
Vegetable Knife
Chopping Board
Wok or Deep sided Frying Pan
Jug for sauce

Description



Instructions

1. Wash all the vegetables in cold water, using knife or scissors prepare, chop and dice all the vegetables and place in the bowl apart from the carrot and the beansprouts.
2. Grate the carrot.
3. Using the edge of a teaspoon scrape the bark from the ginger and finely chop.
4. Peel and crush the garlic cloves using the garlic crusher.
5. Using a deep frying pan or wok, heat the oil and gently stir-fry the ginger and garlic for 30 seconds. **(Be aware the wok gets hot!!)**
6. Gradually add the vegetables and stir fry until they soften approximately 15 minutes.
7. Add drained noodles and cook for about another 3 minutes or until hot all the way through.
8. Meanwhile measure out mix the sauce ingredients altogether in a small bowl, then add to the stir-fry in the wok and cook for 2 minutes.
9. Clean down your table and serve while hot.

Top Tips

Dried egg noodles are quite cheap to buy.
Try a Chinese supermarket for cheaper ingredients.
1 chicken breast goes a long way shredded in a stir-fry.