

Vegetable stir-fry

Serves 2



Busy days call for easy weeknight meals. This stir-fry is a quick, easy and healthy meal, packed with flavour and goodness.

INGREDIENTS

1 garlic clove
5g fresh ginger
50g broccoli
30g sugar snap peas
30g baby sweetcorn
½ carrot
1 spring onion
½ red pepper
3 stems fresh coriander
½ tbs olive oil
60g dried egg noodles

Sauce

1 tsp honey
2 tbsp low-salt soy sauce
½ lime, juiced

ALLERGY ADVICE

Contains gluten and soy

DIETARY COMPONENTS

When done properly, stir-frying is a healthy cooking technique. The quick cooking at a high temperature preserves nutrients, giving you at least 2 of your 5 a day.

EQUIPMENT

Weighing scales
Measuring spoons
Mixing bowl
Wok or large frying pan
Small pan and lid
Chopping board
Knife
Garlic press
Grater
Microplane
Juicer
Colander
Vegetable peeler
Tongs

METHOD

1. Combine the sauce ingredients in a bowl and put to one side.
2. Prepare the broccoli into small florets.
3. De-seed the pepper then cut into thin strips.
4. Slice the baby sweetcorn and sugar snap peas thinly on the angle.
5. Peel and grate the carrot.
6. Pick the coriander and roughly chop.
7. Peel and crush the garlic.
8. Finely grate the ginger.
9. Cook the noodles by following the instructions on the packet. Drain into a colander and refresh under cold water.
10. Heat the oil in the wok until hot. Add all the vegetables into the hot pan along with the garlic and ginger. Cook for 2-3 minutes, stirring with a wooden spoon to ensure the vegetables cook evenly. Add the noodles to the vegetables and mix through to heat thoroughly. Finally, stir through the sauce, remove from the heat and serve.