

Vegetable Stir-Fry (serves 4)

Ingredients:



2tbsp
Sunflower
oil



4 spring
onions



1 Garlic
clove
(crushed)



A piece of
fresh
ginger
(about
1cm)



1 Carrot



1 Pepper



100g Baby
sweetcorn



1
Courgette



150g
Sugar-
snap peas



2tbsp
Hoisin
sauce



2tbsp Soy
Sauce

Method:

1

Prep the vegetables:



1. Cut the spring onions into 4cm lengths



2. Crush the garlic clove



3. Peel and grate the ginger



4. Cut the carrot, pepper and courgetti into thick matchsticks



5. Halve the baby sweetcorn

3



Heat a wok on a high heat and add a little sunflower oil

4



Add the spring onions, garlic, ginger and fry for 1 minute, occasionally stirring, then reduce the heat (Take care not to brown the vegetables)

5



Add the carrot, red pepper and baby sweetcorn. Stir-fry for 2 minutes

6



Add the courgette and sugar-snap peas and stir fry for a further 3 minutes

7



Toss the ingredients from the centre of the wok to the side using a spatula. You do not want to overcrowd the wok so keep the ingredients moving

8



Add 1 tablespoon of water, hoisin sauce and soy sauce, and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft

9

Serve with either noodles or rice

Enjoy!