

## Simple stir-fry

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*This is a simple, healthy and energy packed main meal.*

### **Ingredients:**

500g	Mix vegetables
1 tbsp	Rapeseed oil / or similar
1	Garlic clove
1cm	Fresh ginger
1.5 tbsp	Soy sauce
2 tbsp	Sweet chilli sauce
200g	Cooked prawns / salmon or chicken
200g	Egg noodles

### **Directions:**

- Place 200g of egg noodles in a pan of water, bring to the boil and simmer for 4 minutes or until soft
- Drain the noodles and cover in a little oil.
- Finely slice all the vegetables and place in a bowl
- Heat the oil in a wok or large pan and fry the garlic and ginger for 1 minute
- Add sliced vegetables to the pan and fry for 2 – 3 minutes
- Add soy sauce and chilli sauce and continue to fry for another 3 minutes
- Stir in the prawns, flaked salmon or sliced chicken and heat through.
- Tip the noodles in and heat through.
- Serve and enjoy!
- (you may need to add a little more soy sauce over the meal – depending on your taste buds!)