Vegetable Stir-Fry 😊

**Ingredients:**

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| 2 tbsp  2  2  A piece  1  1  75g  1  75g  2 tbsp  2 tbsp | Sunflower oil  Spring onions  Garlic clove (crushed)  Fresh ginger (about 1cm)  Carrot  Pepper  Baby sweetcorn  Courgette  Sugar-snap peas  Hoisin sauce  Soy sauce |

**Method:**

* 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 courgette into thick matchsticks
5. Halve the baby sweetcorn

* Heat a wok or large pan on a high heat and add a little sunflower oil.
* Add the spring onions, garlic, ginger and fry for 1 minute, occasionally stirring, then reduce the heat (Take care not to brown the vegetables).
* Add the carrot, red pepper and baby sweetcorn. Stir-fry for 2 minutes.
* Add the courgette and sugar-snap peas and stir fry for a further 3 minutes.
* 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.
* 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.
* Add the ‘Ready to Wok’ noodles and heat through for 1 minute.
* Serve over noodles

Enjoy! Please remember to send in your photos of you cooking the recipe and also the finished product. Send pictures in to [alanrtilley@mail.com](mailto:alanrtilley@mail.com) or text them across to 07817777739