

Vegetable Stir Fry

Serves 2-4



Ingredients (allergens in bold)

- 2 tablespoons vegetable oil
- 2 cloves garlic, peeled & chopped
- 2cm knob of ginger, peeled & chopped
- 1 red onion
- 1 spring onion
- 1 carrot, grated
- ½ red pepper
- Handful bean sprouts
- Chinese cabbage
- 1 tablespoon water chestnuts
- 1 tablespoon bamboo shoots
- 2 tablespoons cannellini beans
- 1 tablespoon sweet chilli sauce, **soy sauce** or packet ready-made stir fry sauce
- Fresh coriander, chopped (optional)

Method

1. Heat the oil in the pan or wok. Add in the ginger, garlic and onion and fry over a medium heat for 1-2 mins or until the onions have softened. Do not let the garlic burn!
2. Add in all the remaining vegetables & cannellini beans until they have softened but are still crunchy.
3. Add in the sauce (depending on which you are using) and cook for a further 2-3 mins or until all the ingredients are covered in sauce and piping hot. (You may need to add in some water)
4. Serve in a bowl with rice or noodles and garnish with coriander.
5. Enjoy!



Equipment

- Chopping board
- Wok or large frying pan
- Grater
- Vegetable knife
- Set of spoons
- Large spoon

Recipe notes and tips

- You can use this stir fry mixture for the filling of spring rolls!
- Try using prepacked, canned or frozen veg!
- Add in any of your favourite vegetables e.g. broccoli, mushrooms.
- Serve with rice, egg noodles or rice noodles.
- Add in some chilli for a nice kick!