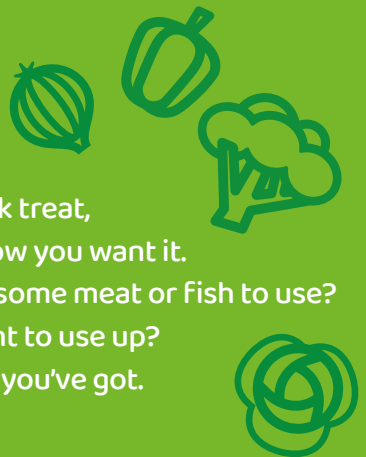




Sizzling Stir-Fry

A quick, tasty and filling mid-week treat, this sizzling stir-fry can be just how you want it. Like it hot? Add some chilli. Have some meat or fish to use? Just throw it in. More veg you want to use up? Cut it up finely and use whatever you've got.



**FEED
BACK**

Watch the how to make this dish
video at growtogive.co.uk

Allergen info

- * Soya - Soy Sauce
- * Gluten - Noodles (wheat)
- * Egg - Noodles
- * Fish - fish

Equipment

Large frying pan, knife, chopping board, wooden spoon, bowl, peeler, spoon and colander.

Ingredients

- 2 tablespoons (tbsp.) of oil
- * 2 tbsp. **soy sauce**
- 2 teaspoon (tsp.) of honey
- * 1 packet rice noodles or **egg noodles** - use 4 nests

Suggested veg:

- 1 carrot
- 1 pepper - any colour
- Broccoli pieces of one head
- 1/2 cabbage - any colour
- 6 - 10 green beans (fresh or tinned)

Optional Extras

- Chilli - to the hotness you like
- * Meat, meat substitute or **fish**
- Extra vegetables as noodles
- Any other veg you have, either fresh or tinned
- You can use rice if you haven't got any noodles

Helpful Tips

- When cooking just make sure all the veg is chopped thinly so it cooks at the same speed

Method

 Serves 4



1

Prepare the vegetables before you start. Slice the pepper into thin strips. Using a peeler, peel ribbons of the carrot. Trim the beans and cut in half



2

Shred the cabbage (with a knife), break down the broccoli head into small bits and trim and use the stalk too by slicing thinly



3

Put the noodles in a bowl and pour boiling water over them, let them soften for 5 minutes



4

Heat the frying pan and add the oil. If you're including meat or fish, add it here
Cook the pepper, broccoli and beans until soft



5

Add the soy sauce and honey



6

Add the carrot strips and cabbage and stir well for a few minutes until also soft



7

Drain the noodles



8

Add to the vegetables and stir through and serve

