



EASY VEGETABLE STIR-FRY



PREP TIME
20 MINUTES



COOK TIME
10-30 MINUTES



MAKES
4 PORTIONS

INGREDIENTS

You will need:

Knife
Chopping board
A wok or large pan

2 tsp of coconut oil

4 spring onions, cut into 4cm lengths

1 garlic clove, crushed

A piece fresh root ginger, about 1cm, peeled and grated

1 carrot, cut into matchsticks

1 red pepper, cut into thick matchsticks

100g baby sweetcorn, halved

1 courgette, cut into thick matchsticks

150g sugar-snap peas or mangetout, trimmed

2 tbsp hoisin sauce

2 tbsp low-salt soy sauce

METHOD

1. Heat your pan on a high heat and add the sunflower oil. Add the spring onions, garlic, ginger and stir-fry for 1 minute, then reduce the heat. Take care to not brown the vegetables
2. Add the carrot, red pepper and baby sweetcorn and 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 to the side of the pan using a wooden spatula. Do not overcrowd the pan and keep the ingredients moving
3. Add 1 tablespoon water, hoisin 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. Do not overcrowd the pan and keep the ingredients moving

SERVE

This could be served with noodles, rice or a protein like fish or meat, you could also add peanuts or seeds

TOP TIP:

YOU CAN USE UP ANY VEGETABLES YOU HAVE LYING AROUND IN THE FRIDGE!

Adapted from:

www.bbc.co.uk/food/recipes/sachas_stir-fry_17077