

Delicious Dinners

Stir Fry



Step 1 – Choose your meat.

- Chicken
- Beef
- Pork
- Turkey
- Prawns
- Quorn
- Tofu.



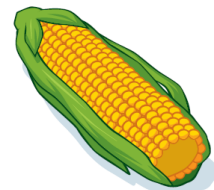
Step 2 – Choose your vegetables.

- Sweet corn
- Bean sprouts
- Broccoli
- Peas
- Carrots
- Mushrooms
- Pak choi
- Peppers
- Spring onions



Step 3 – Choose either...

- Noodles
- Boiled rice



Step 4 – Choose your sauce.

- Black bean
- Sweet and sour
- Hoi sin
- Satay



Method:

1. Prepare your meat or alternative by slicing them into thin strips.
2. Prepare your vegetables by washing, peeling and slicing them into thin strips.
3. In a wok, heat 1 tbsp of olive oil and add your meat or alternative with a crushed garlic clove and a pinch of Chinese five spices. Stir fry until the meat (alternative) is sealed and no raw meat is visible.
4. Meanwhile cook your noodles or rice as per the packet instructions.
5. Add your vegetables and continue to stir fry for 5 – 10 minutes until the vegetables are al dente.
6. Add your sauce and stir to combine all the flavours.
7. Serve with either boiled rice or noodles.