

EASY HOISIN VEGGIE STIR FRY

SERVES 4

UTENSILS

Large frying pan or Wok
Wooden spoon or spatula
Chopping board
Sharp knife

INGREDIENTS

2tbsp sunflower oil
4 spring onions
1 garlic glove (crushed)
1cm piece of
root ginger (grated)
1 carrot
1 red pepper
1 courgette
100g baby sweetcorn
150g sugar-snap peas or
mange-tout
2tbsp hoisin sauce
2tbsp soy sauce

MIX IT UP

Add some extra protein, quorn or chicken make a great addition

Mix up your veggies and try to go with what's seasonal - in Autumn try adding squash

Switch up your sides - experiment with instant ramen noodles, udon or rice noodles, plain or egg fried rice or even bao buns!

- 01** Cut the carrot, pepper and courgette into match stick sizes pieces and cut the baby sweetcorn in half.
- 02** Heat a wok on a high heat and add the sunflower oil. Let the oil get hot before you start cooking.
- 03** Add the spring onions, garlic, ginger and stir-fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.

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 wok using a wooden spatula.

Do not overcrowd the wok and keep the ingredients moving.

- 04** 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.

Serve with noodles or rice

TRY SOMETHING NEW

Try adding Bao Buns to upgrade your stir fry - these delicious dumplings can be found in the international section of most Supermarkets!