



## Vegetable Stir Fry

### Ingredients

50g dry noodles or a packet of straight to wok noodles (pre-cooked)

½ Red Onion

3 Mushrooms

½ Yellow Pepper

1 Pak Choi (or ½ a different type of cabbage)

If you like you can add more vegetables to the stir fry. Any vegetables you and your family may like such as a handful of beansprouts, some broccoli, mangetout, sweetcorn or carrots

1 tablespoon oil

1 clove garlic, crushed

½ teaspoon dried ginger or 2cm piece of fresh ginger, grated

1 tablespoon soy sauce

1 tablespoon honey

2 teaspoons cornflour

80ml water

1 teaspoon sesame oil



### Method

1. In a bowl, soak the dry noodles in boiling water until they are soft – leave them in the hot water whilst you cook the rest of the ingredients.
2. Cut the vegetables into thin strips.
3. In a frying pan, gently heat the oil and fry all the vegetables, garlic and ginger, stirring constantly, for approximately 5 minutes.
4. If the mixture starts to become dry or is sticking to the pan, add a little water (a tablespoon at a time) rather than extra oil.
5. In a jug, mix together the cornflour, water, honey, sesame oil and soy sauce and add to the wok. Cook for a further 5 minutes.
6. Drain the noodles and add them to the vegetables, mix well and serve.