



FOOD WORKS

Stir Fry

(Makes 4 portions)

Ingredients

- 1 tbsp neutral oil (vegetable, rapeseed)
- 1 large onion, sliced
- 2 medium peppers (any colour), sliced
- 250g tender stem broccoli or 1 small head broccoli, cut into florets
- 450g French beans, topped, tailed and halved
- 1 pack (225g drained) bamboo shoots
- 400g dry noodles (egg, rice, udon, soba)
- Sauce of your choice (see BBC Good Food for some homemade options, or use store-bought)



Alternatives

Use up those extra ingredients in your cupboard/fridge and save yourself a trip to the shop.

Instead of the listed vegetables:

- 2-3 crunchy vegetables (pepper, carrot, broccoli, green beans, cabbage) + 1 soft vegetable (mushroom, spinach, kale, bamboo shoots)

Instead of dry noodles:

- 25g dried rice or 2 packets of instant noodles (use packet seasoning in sauce)

Got leftovers? Toss them in!

- Thinly sliced courgette or celery can be added.
- Add some leftover meat or tofu for a protein source.
- A handful of nuts or seeds can be toasted in a pan and sprinkled on top.
- Scramble or fry an egg and add it to the stir-fry.

Method

Prep the veg

- Slice all your vegetables into similar, bite-sized pieces so they cook evenly.
- Cook Noodles: In a pot of boiling water, cook noodles according to packet instructions. Drain and set aside.

Tip: Toss with a tiny drop of oil to prevent sticking.

Stir-Fry

- Heat oil in a wok or large frying pan over high heat until simmering.
- Add all the prepared vegetables. Stir-fry for 5-7 minutes. You want them cooked but still crisp ("al dente") – ensure to keep stirring!

Combine

- Add the cooked noodles and your chosen sauce to the wok. Toss and stir for 1-2 minutes until everything is piping hot and evenly coated.
- Serve immediately.