

Vegetable Stir-Fry



Ingredients

A combination of different vegetables suitable for stir-frying.

Try a variety of colours and textures (for example; carrot, mini sweetcorn, mangetout, peppers, mushroom, cabbage, onion, spring onion, beansprouts, tinned water chestnuts etc)

Straight to wok noodles or cooked rice

Stir-fry sauce sachet

Oil (supplied by school)

Method

Chop your vegetables into large bite size pieces.

(Try different techniques to produce a variety of shapes to add interest.)

Heat a tbsp. of oil in a wok or frying pan.

When hot, add your vegetables starting with the hardest/ densest vegetables first as they need to cook slightly longer.

Keep them moving in the pan with a wooden spoon or spatula to ensure they do not stick to the pan and get an even coating of oil.

When all your vegetables are hot and cooked but still retain an element of crunch, add the noodles/rice and combine in the oil.

Add sauce to taste and heat thoroughly.

Serve immediately or place in a container to transport home.

