

Stir Fry

Serves 6

You can use any combination of vegetables and meat, those mentioned below are only suggestions.

400g of lean meat/chicken/turkey or pork cut into strips

1 medium size piece of ginger, peeled and grated

1 a chilli, de-seeded and chopped

4 clove of garlic peeled and chopped

2 carrot finely sliced

2 stick of celery finely sliced

10 mushrooms sliced

1 a red or yellow pepper de-seeded and finely sliced

3x Handful of beansprouts

$\frac{1}{2}$ an onion or leek finely sliced

$\frac{1}{2}$ a courgette or a few broccoli florets cut into bitesize pieces

2 sprays of olive or vegetable oil (or 1-2 teaspoons)

4 teaspoons of soy sauce mixed with a little water and 1-2 teaspoons of cornflour to make a sauce (optional)



Method

Heat oil in wok or large pan, add chilli, ginger and garlic and stir-fry for about 30 seconds.

Add in meat and onions and stir-fry until meat is lightly browned.

Add in the rest of the vegetables and continue to stir-fry until vegetables are tender, about 6-7 minutes.

NB - If the stir-fry starts to stick add a little water to the pan.

Finally add in the soy sauce and cornflour mixture and continue to stir until it thickens and creates a sauce. Serve with rice or rice noodles.