



Make your own...

Stir Fry

Ingredients:

- ✓ 1 courgette
- ✓ 1 carrot
- ✓ 1 pepper (any colour)
- ✓ 2 small pieces of broccoli
- ✓ 1 small onion
- ✓ 1 garlic clove
- ✓ 2 tbsp vegetable oil
- ✓ 1 1/2 tsp ground ginger
- ✓ 1 tbsp apple or orange juice
- ✓ 2 teaspoons soy sauce
- ✓ 1 teaspoon vinegar
- ✓ Pepper to taste

Instructions:

1. Slice onion and crush garlic clove.
2. Wash and peel vegetables and thinly slice.
3. Bring a saucepan of water to the boil (for noodles).
4. Add oil to the frying pan or wok (high heat).
5. Reduce heat slightly and add onion and garlic. Cook for 1 minute.
6. Add harder vegetables to the pan. Cook for 2-3 minutes.
7. Add the remaining vegetables and ginger. Cook for a further 3 minutes.
8. Add noodles to the boiling water. Cook for 3-4 minutes.
9. Add juice to the vegetable mix.
10. Add vinegar and soy sauce (high heat).
11. Drain the noodles and add them to the vegetable mix.
12. Stir well, add pepper to taste.
13. Serve immediately and enjoy!

Top tip: Keep ingredients moving throughout the cooking process.



Thanks to funding from the Scottish Government
Investing in Communities Fund.



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