

Stir-fry

Sizzle up our stir-fry recipe for a speedy midweek meal

Prep: 10 mins Cook: 15 mins Serves: 4

Method

1. Turn the hob onto a high heat and add the rapeseed oil to the wok and let it get nice and hot.
2. On a chopping board, chop the red pepper into thin strips Chop the spring onion into slices, throw away the top and bottom Add the red pepper, the baby corn and mange tout to the wok, and stir for a few minutes
3. Add the egg noodles and stir around for 2 minutes. Add the soy sauce and mix well. Allow to cook for a further minute
4. Put the stir-fry to a plate and top with the sliced spring onion

Top tips:

- If you like, you can add chicken to your stir-fry. On a separate chopping board, chop the chicken breast into thin strips and cook for 5 minutes until golden brown before adding the vegetables.



Ingredients

- 1 red pepper
- 1 spring onion
- 1 pack straight-to-wok medium egg noodles
- 87g mange tout
- 87g baby corn
- 1 Tbsp light soy sauce
- 1 Tsp rapeseed oil

