

Delicious Dinners

Stir Fry



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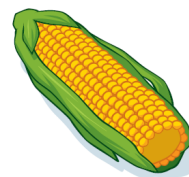
Step 1: Choose your meat/fish/alternative

- Chicken
- Beef
- Pork
- Sausages
- Prawns
- Quorn
- Tofu



Step 2: Choose your vegetables

- Baby corn
- Beansprouts
- Broccoli
- Carrots
- Courgette
- Mange tout
- Mushrooms
- Onions: red, white or spring
- Pak choi
- Peas
- Peppers



Step 3: Choose your sauce

- Orange/lemon juice and soy sauce
- Thai sweet chili
- Soy sauce, ginger, lemon juice

Method:

1. Prepare your meat/fish/alternative by chopping it into bite sized chunks.
2. Prepare your vegetables washing, peeling and chopping into bite sized chunks.
3. First add your meat/fish/alternative to the pan with a small amount of sesame or vegetable oil and pinch of Chinese five spice and stir fry for 4 minutes until partially cooked.
4. Add your vegetables and continue to stir fry for 5 – 10 minutes until everything is cooked.
5. Add your sauce and stir to combine all the flavours.
6. Serve with boiled rice or noodles.