



# 101

**ATOMS**  
EDUCATION

## FUN AND EASY RECIPES

with



## VEGETABLE STIR FRY

### Equipment you will need:

- frying pan or portable grill
- cutlery
- chopping board
- plates and bowls
- spatula or fish slice

### Ingredients you will need:

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- a variety of the following - peppers, baby sweetcorn, sugar snap peas, mangetout, bean sprouts, mushrooms, carrot
- spring onions
- sunflower oil
- 2tbsp hoisin sauce
- 2tbsp soy sauce
- 1-2 garlic cloves
- root ginger
- noodles or rice

### Method

1. Begin by preparing the vegetables. For example, cut the carrot into thin matchsticks, peppers into thick matchsticks, rinse any mangetout or sugar snap peas and slice the mushrooms.
2. Cut the spring onions into small discs.
3. Chop the garlic and ginger into small pieces.
4. Cook the noodles or rice in a pan of water.
5. Heat some sunflower oil in a frying pan then fry the garlic, ginger and spring onions for approximately 1 minute. Make sure you keep the ingredients moving so they don't burn or brown too much.
6. Add the vegetables and continue to fry for approximately 5 minutes - until they have slightly softened but are still crisp.
7. Add 1 tbsp water, the hoisin sauce and the soy sauce to the vegetables and cook over a high heat for a further 2 minutes then remove from the heat.
8. Drain the noodles and then serve with the vegetable stir fry.

**TIME TO MAKE: 40 MINUTES**