

Vegetable Stir Fry

1 small onion

½ cabbage

1 pepper of any colour

100g of mushrooms

1 packet of noodles

The ingredients for the Sauce will be available in school (Sauce ingredients-Soy Sauce, ginger puree, chilli flakes, brown sugar, and cornflour)

Suitable lidded container to carry it all home in

Method

1. Wash the mushrooms and allow to drain in a green sieve, in the sink.
2. Chop up all the vegetables.
3. Add 1 tablespoon of oil to a wok, allow it to heat up.
4. Boil ¾ of a pan of hot tap water on the hob.
5. Add all the vegetables to the wok and stir fry for 7 minutes.
6. Add the noodles to the pan of boiling water and cook the noodles for five minutes.
7. Drain the noodles in the sink.
8. Whilst the noodles are drained make the sauce by adding *Soy Sauce, ginger puree, chilli flakes and brown sugar to a jug, add a little corn flour to thicken.*
9. Add the boiled noodles to the stir fried vegetables, add the sauce.
10. Mix all ingredients together and start washing up.