



Simple Stir Fry

A tasty, simple recipe that supports knife skills. Once you've prepped the vegetables the meal can be cooked quickly.

Ingredients

- 2tbsp. soy/tamari (gluten-free) sauce
- 1 tbsp. olive oil/coconut oil
- 1 tsp. sesame oil
- Chunk of root ginger, grated
- Rice/noodles
- Protein, roughly cubed: chicken, beef, tofu
- Vegetables (choose a selection) e.g. onion, peppers, courgette, pak choi, spinach, broccoli florets, carrots, sugar snap peas...
- Beansprouts

Method

- If you are serving with rice, boil your water and begin to cook. If you have opted for noodles these can be cooked when you start cooking the vegetables.
- Prep all the vegetables - wash and cut into similar size pieces.
- Heat the olive oil in a pan/wok and stir fry the protein until browned/cooked. Set aside.
- Stir fry the ginger in the pan with the harder vegetables for 2 minutes. Do this on a high heat so the pan is sizzling. If using noodles cook now.
- After 2 minutes add the softer vegetables, beansprouts, meat, sesame and soy/tamari. Heat for 3-4 minutes until cooked through.
- Serve with the rice/noodles and some extra soy/tamari sauce.

Nutritional Benefits

A stir fry is a great opportunity to eat a rainbow of vegetables by selecting a whole range of different colours. Each colour has different health benefits.