

Vegetable Stir Fry

Ingredients

2 tblsp olive oil
200g green vegetables e.g. asparagus, broccoli, peppers, sugar snap peas, tenderstem broccoli etc.
50g peas
3 spring onions
150g straight to wok noodles
Soy sauce or other sauce to serve

Notes

- **Don't forget your apron.**
- **Plastic container with lid to take home in.**
- **Check allergies of consumer before serving.**

Method

- Heat oil in a frying pan.
- Chop vegetables (except peas) into bite-sized pieces. Add to the frying pan and stir fry for about 1 minute.
- Then top with noodles and peas and cook for a further 4 minutes.
- Mix everything together and serve with a bottle of soy sauce so that each person can add to suit their own taste.



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