

Vegetable stir fry

This recipe is super quick and easy to do. Use whatever vegetables you like and make it your own. This is also great if you want to add meat, beef and chicken work well in this.

Ingredients

- 1 large red onion
- 1 clove of garlic
- 1 pepper
- 1 courgette
- 1 carrot
- Tablespoon of oil
- 1 spring onion
- 1/2 teaspoon ginger powder
- 1/2 teaspoon five spice
- Dark soy sauce

Method

1. Slice the vegetables into bitesize strips and finely dice the garlic.
2. Heat the oil in a wok or large frying pan until oil is hot.
3. Add the onions, carrots and pepper and fry over a medium heat for a couple of minutes.
4. Add the garlic, spring onion and mushroom and fry for a further couple of minutes.
5. Add in the ginger powder and five spice and stir through the vegetables.
6. Add a good amount of soy sauce to coat the vegetables and toss to make sure the vegetables are all coated.

Tips

If you want to add meat to this dish, slice into fine strips and fry in the wok before adding the veg to seal the meat.

Serve with rice or noodles