

Veggie packed stir fry



The ingredients are:



Wholegrain noodles or rice



A selection of vegetables, sliced thinly: Carrots, Peppers, Beansprouts, Red onion, Broccoli, Baby sweetcorn, Courgette or any others you enjoy



Chicken, quorn, prawns

From the cupboard:
Small amount of oil, soya sauce,
five spice, garlic, ginger,
chilli (optional)

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Veggie packed stir fry

SERVES 2 ADULTS

Preparation time: 15-20 minutes

Cooking time: 10 minutes

Ingredients:

- 180g uncooked wholegrain noodles or rice
- 2 large handfuls of vegetables per person (substitute your own favourites or use these examples):
 - Carrots
 - Broccoli
 - Peppers
 - Courgette
- 2 chicken breasts (sliced), or 300g quorn/prawns
- Small amount of oil, soya sauce, five spice, garlic, ginger, chilli (optional) according to taste.

What to do:

1. Cook noodles or rice according to packet instructions, then rinse under cold water and drain. Leave to one side.
2. Slice the vegetables thinly.
3. Heat oil in a large non-stick frying pan or wok. Cook the chicken/ Quorn/prawns over a medium heat until cooked through. Add the sliced vegetables and keep them constantly moving. Cook for 2-3 minutes so they are starting to soften but still retain their 'crunch'.
4. Add the noodles or rice to the pan.
5. Stir through the flavourings – soya sauce, five spice, garlic, ginger, chilli. You can change the amounts of these depending on how strong you like, and even remove or add in other flavours.
6. Once everything is mixed through, serve and eat immediately.

For more information go to:

www.leicester.gov.uk/ourhealthycity



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