

Simple Stir-fry



TIME TO
PREPARE

20 minutes



COOK
TIME

10 minutes



SERVING

4



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- 500g vegetables such as carrots, baby corn, broccoli, snow peas, capsicums, cabbage or bok choy
- 1 tbsp olive oil
- 1 garlic clove, sliced
- 1cm fresh ginger, grated
- 1½ tbsp soy sauce
- 2 tbsp sweet chili sauce (optional)
- 200g cooked prawns, salmon (flaked) or chicken breast (shredded)
- 200g egg noodles, cooked

Method

01. Finely chop or slice the vegetables into pieces roughly the same size. Slice the carrots diagonally, slice the baby corn, cut the broccoli into small florets, then slice the stem, and finely slice the capsicum, cabbage or bok choy. Heat the oil in a large frying pan or wok, then fry the garlic and ginger for 1 min.
02. Add the veg and toss to coat. Fry for 2-3 mins, then add the soy sauce and chilli sauce, and mix well. Cook for 2-3 mins more until the veg is tender. Stir in the prawns, salmon or chicken and heat through. Serve over the noodles. ENJOY!

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