

Recipe: Summer Stir-Fry

I love making a stir fry because it is quick meal to cook and is an easy way of getting loads of colourful veg into one meal! I like to keep a bottle oil (olive/vegetable oil) and soy sauce* (it's best to always go for the low salt version) and a lime or lemon in the kitchen so that I can throw this recipe together at any time, without having to rely on buying a ready-made packet of stir fry sauce.



Ingredients

- Cooked noodles* or rice (follow packet cooking instructions)
- Vegetables e.g. peppers (fresh or frozen), broccoli, onion/spring onion, spinach/cabbage or pak choi
- Protein: chicken/beef cut into strips, meat free chunks* or tofu*
- Sauce: tbsp oil, tbsp light soy sauce*, mirin/sprinkle sugar or squeeze of tomato sauce (yes, trust us!), squeeze of lemon/lime (optional), salt and pepper to taste

Method

- In a large frying pan or wok, cook the vegetables with a dash of oil and soy sauce on a high heat, mixing frequently to prevent them from burning
- In a separate pan, fry your sliced meat, meat-free chunks or tofu in oil and the rest of the soy sauce, mirin/sugar and salt and pepper.
- When both the vegetables and meat are cooked, add the cooked noodles/rice and the protein to the pan/wok with the vegetables and mix.
- Add a squeeze of lemon or lime juice.



*Please note this food is or may contain one or more of the 14 common food allergens.

www.family-action.org.uk

Family Action Registered as a Charity in England & Wales no: 264713,
Family Action Registered as a Charity in the Isle of Man no: 1206.