

Stir fry

Ingredients

2 tbsp sunflower oil

4 spring onions, cut into 4cm/1½in lengths

1 garlic clove, crushed

piece fresh root ginger, about 1cm/½in, peeled and grated

1 carrot, cut into matchsticks

1 red pepper, cut into thick matchsticks

100g/3½oz baby corn, halved

1 courgette, cut into thick matchsticks

150g/5½oz sugar-snap peas or mangetout, trimmed

2 tbsp hoisin sauce

2 tbsp low-salt soy sauce

Method

1. Heat a wok on a high heat and add the sunflower oil. Add the spring onions, garlic, ginger and stir-fry for 1 minute, then reduce the heat. Take care to not brown the vegetables.
2. Add the carrot, red pepper and baby sweetcorn and stir-fry for 2 minutes.
3. Add the courgette and sugar snap peas and stir-fry for a further 3 minutes. Toss the ingredients from the centre to the side of the wok using a wooden spatula. Do not overcrowd the wok and keep the ingredients moving.



4. Add 1 tbsp water, hoisin and soy sauce and cook over a high heat for a further 2 minutes or until all the vegetables are cooked but not too soft.
5. Serve with noodles or rice.



