

Salt Free Seasonal Stir Fry of Garden Vegetables

Select fresh seasonal vegetables and heat your Wok well!

Ingredients

10g	Root Ginger
1	Clove of Garlic
Half	Red Chilli
60ml	Oilive Oil
50ml	Sesame Seed Oil
4	Carrots
100g	Green Beans
1	Red & Yellow Pepper
100g	Purple sprouting Broccoli or little broccoli florets
1	Red Onion Sliced
1	Courgette Stripped
1 bunch	Spring Onions
	Cracked Black pepper

Method

Heat your Wok dry for about 5 minutes.

Slice all vegetables into strips where possible.

Crush the garlic, ginger and chop chilli..

Add Sesame oil to the Wok and add the ginger, chilli & garlic and fry for a minute then followed by the carrotscokk for further two minutes ,then the remaining vegetables with a minute between each vegetable and stir fry for 4-5 minutes. Season well with Black Pepper

For Egg Noodles Boil Water place noodles in boiling water turn off heat and allow steeping for 3-4 minutes then draining later off. No need to boil or cook on heat they will cook in water once heat is turned off.

Tips

You could add chicken for chicken stir fry and serve with boiled rice or egg noodles.

Preparation of vegetables is key that they are uniform in size to cook at similar time.

Vegetable selection in these recipes is only a guide use what's in season and remember its colour and texture that's important. This will give you maximum nutritional benefit.