

Vegetable stir fry

myinheritedkitchen.co.uk

Ingredients <i>(Red = optional)</i>	Amount for one person	Your variation
Vegetable stir fry bag	320g	
Stir fry sauce Chilli, Ginger & Garlic (M&S)	205g	
Fine egg noodle nest	1	
Olive oil (<i>not virgin</i>)	1tbsp	
<i>Fish sauce</i>	1tsp	
<i>Oyster sauce</i>	1tsp	
<i>Soy sauce</i>	1tsp	
TIP: Try at least one of the above sauces - big difference		
TIP: You don't need to add meat - honestly.		



Prep Time minutes	Cook time minutes	Your revised time
6	7	<input type="text"/>

Tools that help

- Tongs

- 1 x18cm saucepan
- Wok
- Stirrer
- Timer
- Sieve

Prep Instructions

1. Pour 1.25 litres of water into the saucepan
2. Boil the water in the saucepan
3. Add one tablespoon of olive oil to the Wok
4. Set the wok to heat 7.5 for 5-8 minutes. *It's hot when the oil lightly smokes and a small drop of water placed in the wok evaporates almost immediately.*

All prepared? Start timer at:	7	
Add noodle nest to the boiling water	7	
Turn off the heat from the saucepan	6	
Stir & separate noodles ever minute	6-1	
Add stir fry vegetables to the wok	5	
Regularly stir the wok	5-1	
Add stir fry sauce to the wok	2	
Add 1tsp of soy, fish and oyster sauces	2	
Heat bowl in microwave for 2 mins	2	
Drain water from the noodles	1	
Add a few noodles at a time to wok	1	
Keep stirring the wok	1	
Pour the contents into the hot bowl	0	
Add pepper to taste	0	

TIP: Remember to return the wok to a hob that has not been used. Don't put it in the sink or fill it with water while it is still hot. Love your wok.