

# HOT AND SOUR VEGETABLE STIR FRY

## INGREDIENTS

1 Large red pepper  
2 medium carrots  
1 bunch spring onions  
175g (6oz) broccoli or cauliflower  
100g (3oz) baby corn  
100g (3oz) mange tout  
2 cloves garlic  
2.5cm (1in) piece root ginger  
1 red chilli  
30ml (2tbsp) sunflower oil  
30ml (2tbsp) soy sauce  
15ml (1tbsp) clear honey  
Juice of 1 lime  
3 x 150g sachets straight -to - wok medium noodles

## METHOD

- Prepare the vegetables. Cut the pepper in half and scrape out the seeds and pale membrane inside, then slice the flesh thinly into strips. Peel the carrots thinly and cut into matchstick – sized pieces.
- Trim the root ends and any damaged outer layers from the spring onions and cut into diagonal slices. Slice the broccoli florets into thin slices. Cut the baby corn cobs in half length ways and then half the mange tout diagonally.
- Peel and crush the garlic. Peel and finely shred the ginger. Thinly slice the red chilli (discarding the seeds if you don't like too much heat). Wash your hands after slicing the chilli as the juices can sting your eyes.
- Heat the oil in a wok or large frying pan on a high heat until very hot but not smoking. Stir in the garlic, ginger and chilli and stir fry for a few seconds. Then add the pepper and carrots and stir fry for about 2 minutes.
- Add the onions, broccoli, corn and mange tout, then stir fry for a further 2-3 minutes or until just starting to wilt.
- Mix together the soy sauce, honey and lime juice, then stir into the pan, stirring to coat the vegetables. Add the noodles and stir well to heat and mix evenly.