

# Recipe of the week

Hello and welcome back,  
I hope you all enjoyed issue 3 and all managed to have a taste of Italy this week. I did!

With that in mind I've ventured to another part of the world this week and that is china. Chinese recipes always have a fresh fragrant flavour about them, and a lot of the dishes contain fresh vegetables. Like I say I like minimal mess so again I've got a recipe that only requires a few pieces of equipment and will take under 30 minutes to prepare and even less time to eat it.

So today I'm sharing a simple vegetable stir fry, now if you want to add any fish or meat such as prawns, beef or chicken or tofu please do, just cook them according to the packet guidelines with your favourite seasonings and add at the end as a topping or side.

For this dish your need a chopping board to prepare your veg, a wok or large frying pan one with deep sides as noodles can fly pretty far, a sauce pan to cook your noodles in, a colander to drain them, and a tong or a mixing spoon to mix everything up and that's it.

Now for the good stuff; the ingredients. People are all different and will like different things in their food me personally I'm not a fan of onions, so I usually avoid them. This dish is so versatile just add any of your favourite or left over veg it can be anything carrots, peppers, mushrooms, sweetcorn, broccoli, spinach you could even make this one dish your 5- A day which is great!

I usually cut my veg into thin strips or small bitesize chunks, this is so everything cooks quickly and evenly.



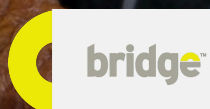
Once you have prepared your vegetables set them aside while you cook your noodles. For this I'd suggest 1 noodle nest per person and if there's left over you can have it for lunch so don't worry about wastage. Just drop your noodles into boiling bubbling water and wait about 4-5 minutes or however long the instructions say. Drain into a Sieve or colander, and then rinse with cold water to stop them sticking and then set aside.

So, on to the final step cooking the stir-fry, first add a splash of oil to your wok or pan, sunflower or vegetable is fine. Put on a medium heat and then add in your prepared vegetable if your using some frozen veg add them in at this point as well. Continue to stir these so they don't stick or burn.

To the vegetables add a stock pot or cube, either vegetable or chicken, this adds a lot of flavour to any dish, and then add about 5-10 tbsp of water to help steam the veg slightly.

After about 2 minutes add 2 tbsp of soya sauce and 2 tbsp of sweet chilli sauce this is great for a subtle hint of spice in any dish. Add some garlic granules or 1 fresh garlic if you have it and crush it up and finally some pepper and a little bit of salt as the soya sauce is quite salty already.

Mix everything well and leave for about 6 minutes.





After this your veg should just be done still leaving a light crunch, which I think adds some nice texture to the dish. Add your cooked noodles and mix again really well so everything is combined, and that's it, done! A delicious fresh stir fry ready to serve with what ever you like, maybe some prawn crackers or spring rolls, it's up to you.

I hope you enjoy and until next week happy cooking!

Like always if you give this recipe ago, I would love to see pictures of what you have made. You can email them to me at [courtney.coleman@bridgesupport.org](mailto:courtney.coleman@bridgesupport.org)

All the best,  
Courtney

