

# Vegetable Stirfry

## Ingredients

- 2 spring onions
- 1 medium sized carrot
- 3 medium sized mushrooms
- 1 small pak choi
- 3 baby sweetcorn
- 1 nest of dried MEDIUM egg noodles
- A sprinkling of chilli flakes
- 1 clove of garlic
- 1 cm fresh ginger
- 1 tablespoon of oil
- 1 tablespoon of soy sauce
- A handful of beansprouts

## Equipment

- Saucepan
- Colander
- Large mixing bowl
- Small mixing bowl
- Set of measuring spoons
- Wok
- Heatproof stirrer
- Chopping board
- Sharp knife
- Vegetable peeler
- Tongs

## Method

- Fill the saucepan halfway up with cold water and place on the hob to boil (large rapid bubbles)
- Peel and finely chop the garlic and put in the SMALL mixing bowl
- Peel and finely chop the ginger and put in the SMALL mixing bowl
- Add a sprinkle of chilli flakes to the SMALL mixing bowl
- Place the noodles in the boiling water and simmer for 3 minutes then drain (using the colander)
- Refill the saucepan with cold water and submerge the cooked noodles in the colander then set aside
- Cut the spring onions into equal sized pieces (on the diagonal) and put in the LARGE mixing bowl
- Peel and 'ribbon' the carrot and put in the LARGE mixing bowl
- Thinly slice the mushrooms and put in the LARGE mixing bowl
- Cut the pak choi leaves lengthwise into strips and put in the LARGE mixing bowl
- Cut the sweetcorn lengthwise into 4 pieces (half then half again) and put in the LARGE mixing bowl
- Place the wok on a medium-high heat and add the oil
- When the oil is hot add the chilli, garlic and ginger (the holy trinity) and lightly fry
- Add the vegetables and soy sauce and continue to stir fry for 4 to 5 minutes
- Add the noodles (using the tongs to separate)
- Add the beansprouts and continue to stir fry for a further 2 minutes

## Note

Before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require

