

Recipe 4: Rainbow Vegetable Stir-fry

- Choose your favourite vegetables to make it as colourful as a rainbow

Green:	Broccoli, Spinach, Pak choi, Sugar snaps, Mange tout
Yellow:	Baby corn, Yellow Peppers
Orange:	Carrots, Orange Peppers
Blue/Purple:	Red Onions, Purple sprouting Broccoli, Cabbage
Red:	Red Peppers, Sweet chillies

- If preferred, instead of soy sauce, you could use an Oriental stir-fry sauce and egg noodles instead of rice ones
-

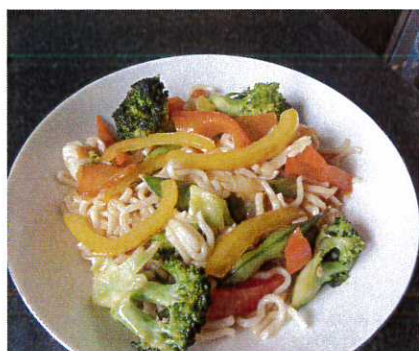
Recipe Idea (Serves 4)

Preparation & cooking time: 25-30 mins

1/2 Red Onion peeled
1 large Carrot peeled
1 Yellow Pepper
1 Red Pepper
1 cup of Broccoli florets small
12-15 Sugar snaps
1 tablespoon of vegetable or stir-fry oil
2 tablespoons of Soy sauce
2 packs of medium Rice Noodles – ready for wok

Instructions

1. Wash all the vegetables. Ask an adult to slice the Red Onion & Peppers thinly, keeping them separate. Using a potato peeler, slice the carrot carefully to give carrot ribbons or thin slabs. Place all the ingredients on a chopping board or large plate for ease.
2. Ask an adult to heat a wok or a large deep pan and once quite hot, then add the oil. Immediately put in the onion and cook for about a minute till it is soft and slightly coloured. Add the rest of the vegetables and constantly move them around in the pan using a large wooden spoon.
3. Once they seem soft, slightly coloured and cooked, pour in the soy sauce. After a minute, place the rice noodles in the pan and continue stirring till they are all mixed together and thoroughly cooked for a few minutes.
4. Serve and enjoy your colourful, crunchy & healthy stir-fry.



If there are any persons with food allergies, please make sure you check the ingredient list of the oils, sauces and noodles.

We look forward to receiving pictures of YOUR stir-fry. Please ask your parent or carer to e-mail the picture with your name & class to: admin@midfield.bromley.sch.uk