



Veggie stir fry

Ingredients

½ teaspoon cornflour
1 tablespoons water
1 dstspn soy sauce
1 tablespoons olive oil
1 to 2 tablespoons vegetable oil
1/2 carrot, shredded/slivers
¼ red pepper, chopped
¼ courgette, sliced
25g sweetcorn
½ clove crushed garlic
1 spring onions/ ¼ red onion, sliced
20g beansprouts

Method

Whisk together the cornflour and water in a small bowl.

Slice and deseed vegetables, finely chop garlic

Heat the vegetable oil in a large frying pan or wok over medium high heat

Stir fry the carrot, red pepper and courgette for about 5 minutes.

Stir in the corn, garlic, spring onions and beansprouts.
Pour in the soy sauce mixture.

Cook and stir for about 5 minutes until vegetables are tender but crisp. Serve immediately.