






SPEEDY STIR FRY

Recipe by Lyndon Gee

-  serves 4
-  prep 10 mins
-  cook 10 min

Ingredients

- 300g vegetables, finely shredded (e.g. cabbage, carrots, mushrooms, peppers)
- 2 tablespoons oil (any vegetable oil)
- 350g lean pork, shredded (or a stir fry pack; or chicken or turkey)
- 1 tablespoon soy sauce
- 2 teaspoons Chinese 5 spice (available in most supermarkets)
- 2 onions, thinly sliced
- 2 cloves garlic, crushed
- ½ red chilli (or pinch chilli flakes or cayenne pepper)
- 2 tablespoons water

1 Prepare all the vegetables and set aside.

2 Heat a wok or large frying pan over high heat and add 1 tablespoon of the oil. Once hot, add the pork and stir-fry for 3-4 minutes. Remove the pork from the wok and put into a bowl, then add the soy sauce, sprinkle with the Chinese 5 spice, mix well and set aside.

3 Heat the remaining oil in the wok and add the onions. Stir-fry for 2 minutes then add the garlic and chili and stir 1 minute.

4 Add the mixed vegetables and return the pork to the wok, stir for 2 minutes, add the water, cover with a lid and cook for a further 1 minute. Mix well and serve immediately with rice or noodles.

Each portion contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
195	6g	9g	2g	0.8g	3g
10%	7%	13%	10%	13%	12.5%

of an adult's guideline daily amount

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Speedy stir fry

Stir-fry is a very versatile dish in which you can use any meat, fish or vegetables you have to hand. It's quick to cook, which means more nutrients are retained in your food. You don't need much oil, and as long as you keep stirring it around the pan, the food is actually steamed rather than fried. It's important to assemble ingredients first, ready to throw into the pan. And always make sure the pan is really hot before you start adding ingredients.

Chef's tip from Lyndon

The trick to stir-frying is to chop everything very small so it cooks quickly. Slower cooking ingredients like meat or root vegetables should be chopped smaller than faster-cooking ingredients such as peppers or spring onions.

Use up

Most food can be added to a stir-fry. Use ham, pasta, shredded lettuce, chopped apple. Or cooked vegetables such as beans or parsnips.

Variations

Try adding any shredded meat or poultry such as turkey. Use prawns or squid, or add a variety of mushrooms and tofu or vegetarian meat alternatives.

Extra flavour

Add fresh grated ginger, garlic and chilli. Or add a dash of toasted sesame oil or a sprinkle of Szechuan pepper and a squeeze of fresh lime juice.

* Freezer advice

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or covered in foil in the oven, heating thoroughly until piping hot.

✓ Vegetarian and vegan options

Use firm tofu cut into sticks along with oyster mushrooms and pak choi. Chinese food doesn't traditionally contain dairy products.

🌾 Allergy advice

Can be made avoiding most common allergens, gluten-free soy sauce (tamari) and brown rice or gluten-free noodles are available in most health food shops.

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