

Stir Fry

Basic sauce recipe provided by school

1 tsp Cornflour
1 tbsp Light soy sauce
2 tbsp Water
2 tbsp oil
Pinch of sugar

A range of vegetables. Pick what you like e.g.

1 Carrot	25g Peas	100g bean sprouts
1 pepper	4 spring onions	2 tbsp oil
1 courgette	1 clove garlic	

If you wish you can add meat e.g.

1 Chicken breast	250g Lean pork
250g Rump steak	250g Sausage

PLEASE BRING TO SCHOOL A TAKE HOME DISH THAT WILL SEAL.

Method

1. Peel the carrot, remove the seeds from the pepper, peel and crush the garlic.
2. Slice all the vegetables into batons (Thin slices), except the onions which need cutting diagonally.
3. Cut the meat into thin slices.
4. Put the cornflour into a small basin; add a few drops of water to make a paste. Stir in the rest of the sauce ingredients.
5. Heat the 2 tbsp of oil in a wok for 1 minute; add the meat, fry until coloured, add the carrot, pepper and courgette. Cook for 3 minutes.
6. Add the garlic and the other vegetables. Cook for a further 3 minutes.
7. Stir the sauce into the pan, until the sauce thickens.