



**Country Trust**

Where children learn and grow

## Food Discovery Chinese Stir-fry



4 portions

### Ingredients

- 2 carrots, sliced
- ½ Savoy cabbage, sliced or torn
- 4 mushrooms, sliced
- 1 red pepper, sliced into strips
- 5 spring onions, chopped
- 300g bean sprouts
- 1 garlic clove, grated
- 2cm fresh ginger, peeled and grated
- 2 teaspoons of Chinese five spice
- 1-2 teaspoons of light soy sauce
- 2 tablespoons of oil
- 200g noodles

This stir fry is suitable for vegetarians and vegans if you follow the recipe. It is low in salt, low in fat, and cheap to make (around 80p a portion) and contains 3 of your 5 a day. It contains protein in the form of mushrooms, cabbage and bean sprouts. For more protein, try adding in some nuts or seeds, or serve with a fried egg.

A stir fry is best eaten straight away but will keep in the fridge for 2 days if it is covered. Reheat either in the microwave or in a pan - or for something a little different, make up some vegetable stock with boiling water and a stock cube and just cover the stir fry and noodles with this and reheat until boiling and you have a pot noodle!

## Method

1. Heat the oil in a large frying pan or wok, and add in the garlic, ginger, five spice and carrots. Fry for a few minutes.
2. Add the pepper, cabbage, mushrooms and soy sauce and fry for 5 more minutes, stirring frequently.
3. Meanwhile, boil the noodles according to the packet instructions, then drain.
4. Add the bean sprouts and stir fry for 2 more minutes.
5. Add the noodles and serve.

If you don't have exactly what is in the recipe try these 'Swaps':

- A leek, or onion added in with the carrot, instead of spring onions
- Frozen spinach (cooked in with the noodles), or chopped up broccoli, instead of cabbage.
- Defrosted frozen peas instead of bean sprouts.
- Cold cooked chicken, pork or beef instead of mushrooms
- Chinese 5 five spice is a blend of spices with lots of different ground spices in it, including cinnamon, cloves and cayenne pepper. If you don't have any 5 spice, or can't find it, try adding a tablespoon of brown sauce or ketchup instead. It will be a different taste, but still tasty!
- If you don't like noodles, a stir fry can be served in a wrap, or as a side to some meat or fish.

For more information on how to make your food shopping go further, try looking at the Love Food Hate Waste website:

[www.lovefoodhatewaste.org.uk](http://www.lovefoodhatewaste.org.uk).