

LEFTOVER STIR-FRY

🕒 30 min 🍴 Serves 2

Ingredients

- 1 onion
- 1 clove of garlic
- 1 small broccoli*
- 1 carrot*
- 1 capsicum*
- 110g of egg noodles*
- 1 tbsp of oil
- 1 spring onion for garnish (optional)

Simple stir-fry sauce:**

- 1/3 cup water
- 1/3 cup soy sauce
- 1/4 cup maple syrup (or honey/golden sirup)
- 1/4 cup sesame oil
- 1 clove garlic
- 1 1/2 tsp finely grated ginger
- 1 1/2 tsp cornflour

Method

1. Peel & chop the onion and two garlic cloves (set one aside for the sauce). Chop the broccoli head into florets. Thinly slice the broccoli stalk and carrot (no need to peel if properly washed). Deseed & thinly slice the capsicum.
2. Cook the noodles according to packet instructions, drain and set aside.
3. Meanwhile, heat 1 tbsp oil in a wok or large frying pan and add the onion. Fry on a medium-to-high heat for 3 minutes. Add garlic, capsicum, carrot and broccoli and stir fry for 10 min, stirring occasionally. Add a splash of water to avoid burning/sticking.



4. Mix together the stir-fry sauce ingredients in a jar/bowl. The ginger can be grated including the skin. Add the sauce to the veggies and fry for another 5 minutes until the veggies are cooked through.
5. Serve with optional sesame seeds or cashew nuts, chopped spring onion or coriander.

TIPS:

*Use up what you already have - chop up any other leftover vegetables & combine with rice noodles, glass noodles or rice.

**To save time, you can make this stir fry sauce ahead of time in larger amounts and store in the fridge. Just leave out the cornflour until ready to use. Alternatively, you can buy sachets of sauce.