



# Stir fry ideas



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# Making a stir fry

Choose either rice or noodles.

Choose a food which provides protein.

Choose 2 or 3 different vegetables.

Choose a sauce.

Not sure which to choose?  
Look at the following slides.





# Different types of rice



Rice may look similar but there are different types of rice that could be used in a stir fry. Here are 4 examples:

White Basmati

Easy cook long grain

Organic whole grain

Thai jasmine

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# Which vegetables?



Find out the names of all of these vegetables.

Choose 2 or 3 to go in the stir fry.



## Different types of food which provide protein.



Any of these foods which provide protein could be used:

- pork fillet;
- turkey steak;
- beef steak;
- tofu;
- Quorn;
- prawns;
- chicken.





# Noodles



Noodles can be made from rice or wheat, some may have egg added. Look at the different varieties - some are very fine, some are like ribbons and some are shaped into nests.

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# Sauces



You could choose a ready-made sauce or try making your own.

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