Now heat the oil in the wok

Add the flavouring ingredients, stir fry 1 min.

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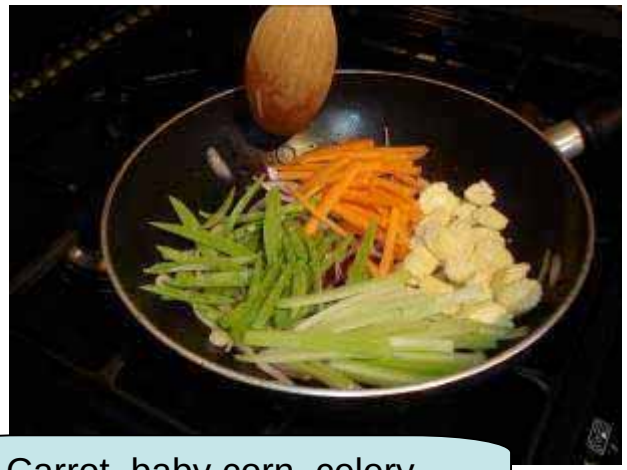
Stir fry the harder vegetables



Carrot, baby corn, celery, mangetout, stir fry 2 minutes.

Red, green, yellow pepper, red cabbage, stir fry 2 minutes.

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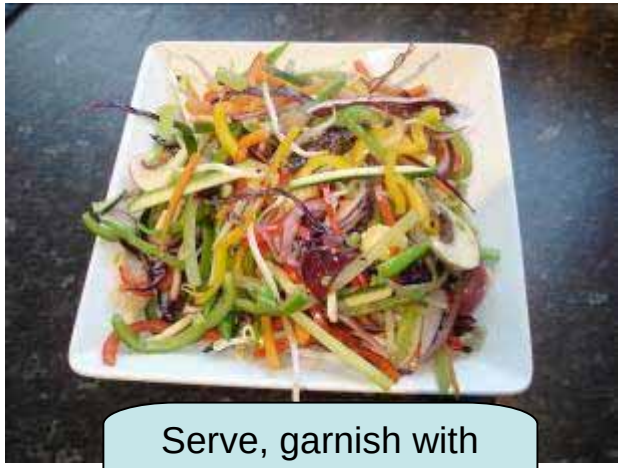
Stir fry softer vegetables

Mushrooms, courgettes and beansprouts, stir fry 2 minutes.



Serve, garnish with spring onion brushes

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Alternative ways to serve – add sweet and sour sauce

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More ways to serve

Serve the vegetables with the sauce and noodles to make vegetable chow mein.

Use the vegetables to make some filo shaped snacks

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