

Chinese Stir-Fry

Shopping List

& Recipe!



Chinese

Stir-Fry

Shopping List



Check your cupboards first:

You might already have these at home. If not, add them to your shopping list.



Vegetable Oil



Salt & Pepper



Pinch of Sugar



2 Tablespoons Light
Soy Sauce



1 Teaspoon
Sesame Oil
(Optional)

Your stir-fry will still taste brilliant without this, but to get traditional Chinese flavours, we would encourage you to use sesame oil if you can.

Your shopping list:

Community
Integrated
Care



1 Medium Onion,
Cubed



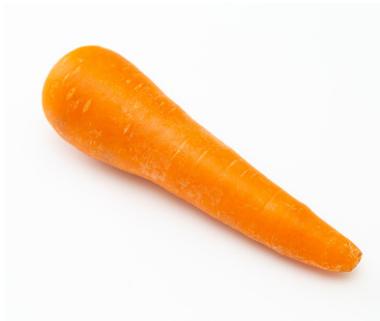
1 Bell Pepper,
Washed & Dried



1 Courgette,
Washed & Dried



1 Stick of Celery
Washed & Dried



1 Large Carrot,
Washed & Dried



1 Packet of Ready-
to-Cook Noodles

Chinese Stir-Fry

Recipe



Ingredients

Community
Integrated
Care



1 Medium Onion,
Cubed



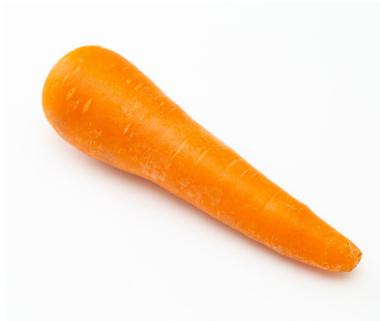
1 Bell Pepper,
Washed & Dried



1 Courgette,
Washed & Dried



1 Stick of Celery
Washed & Dried



1 Large Carrot,
Washed & Dried



1 Packet of Ready-
to-Cook Noodles



2 Tablespoons Light
Soy Sauce



1 Tablespoon Garlic



1 Teaspoon
Sesame Oil
(Optional)

Ingredients

Community
Integrated
Care



Vegetable Oil



Salt & Pepper



Pinch of Sugar

Equipment

Community
Integrated
Care



Hob



Frying Pan or Wok



Tablespoon



Apron



Chopping Board



Knives



Pot



Colander

Method

Wash your hands and put on your apron.



Chop the onions using a knife.



Using a spoon, scoop out the seeds from the pepper then chop them using a knife.



Chop the celery using a knife.



Chop the carrot using a knife.



Chop the courgette using a knife.



Boil some water in your pot.



Put the chopped carrot, onion and celery in the boiling water for 1 minute.



Drain the water from the veg and put the veg to one side.



Put 1 teaspoon of veg oil in your frying pan or wok and heat it.



Fry the garlic, then add in 2 tablespoons of light soy sauce and 1 teaspoon of sesame oil



Add a pinch of pepper and pinch of sugar and stir everything together.



Then toss in all the veg and keep 'stir frying'. Taste and adjust seasoning if needed.



Cook for another couple of minutes and pour out onto a plate/bowl.



In the same pan (without cleaning it) add another splash of oil in and heat, add the noodles.



Finally, add back the vegetables and mix everything together at a high heat for a minute.



Your fridge-raid stir-fry is ready to serve!

