

Stir Fry – Kid-Friendly

Created by: [BBC Good Food](#)

Prep Time: 20m | Cook Time: 10m | Servings: 4-5

Ingredients

- 500g vegetables [baby corn, bamboo shoots, bok choy, broccoli, cabbage, carrots, red peppers, etc.]
- 1 tablespoon oil
- 1 garlic clove, sliced
- ½ inch ginger, grated
- 1 ½ tablespoon soy sauce
- 2 tablespoon sweet chili sauce
- 200g chicken, salmon, or shrimp
- 200g egg noodles, cooked

Instructions

1. Finely chop or slice the vegetables into pieces roughly the same size.
2. Slice the veggies.
3. Heat the oil in a large frying pan or wok, then fry the garlic and ginger for 1 min.
4. Add the veg and toss to coat.
5. Fry for 2-3 mins, then add the soy sauce and chilli sauce, if using, and mix well.
6. Cook for 2-3 mins more until the veg is tender.
7. Stir in the prawns, salmon or chicken and heat through. Serve over the noodles.

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