



Stir Fry Vegetables With Soy Sauce

Overview

Servings: 4

Ingredients

Vegetables:

75g Green Asparagus
75g Carrots
50g White Turnips
50g Leeks
75g Spring Onions
75g White Cabbage Or Pak Choi
75g Zucchini
50g Snow Peas
75g Red And Green Peppers
75ml Sunflower Oil
Soy Sauce

Methods

1. Wash and peel the asparagus, carrots and white turnips. Trim and wash the leek, spring onions, cabbage and zucchini. Wash the snow peas and trim the ends. Wash, halve and de-seed the pepper. Cut everything into fine strips of equal length (julienne).
2. Heat the oil in the wok at setting 9 for approx. 2½ minutes. When the oil is hot, turn down to setting 8 and add all vegetables. Then fry for approx. 3 minutes, stirring and turning over constantly.
3. Season to taste with soy sauce and fry at setting 8 until done.
4. Arrange on plates and serve.

Tip: You can garnish the stir-fried vegetables with shoots or shiso leaves.