

The Little Green Larder The Little Green Larder

Garlic, chilli, veg + noodle stir fry Garlic, chilli, veg + noodle stir fry

2 – 4 cloves of garlic  
1 chilli  
2 noodle nests  
1 onion  
1 carrot  
1 pepper  
1 courgette  
soy sauce

- Chop garlic and chilli (seed in for extra spice), slice pepper and onion. Use a veg peeler to ribbon the whole carrot and courgette (you can chop if you don’t have a peeler)

- Boil noodles in water, drain and set aside

- In a wok fry garlic and chilli in oil for 1 min, add in onions and fry for 1 min

- add the rest of the veg and fry for 5 mins

- add the noodles and soy sauce and stir fry until the noodle are hot.

- Serve and enjoy

Serves 2 Serves 2

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