

Stir fry (2 large portions; 30 min)

Optionally you can add omelette pieces from the fried rice recipe. Many other veggies also work well – peppers, beansprouts, mangetout, sugar snaps, pak choi etc.

Omit the mince and omelette to make it vegan, or use rice noodles & gluten-free soy sauce for GF.

For the preparation

250g frozen beans

250g carrots

1 red onion

2 cloves garlic

fresh ginger – about the same amount as the garlic

Get out all the ingredients for both preparation and frying as you need them easily to hand, including taking out the frozen beans into a dish so they cook quicker later. Open bottle lids etc.

Peel and chop the garlic and ginger fairly finely. Chop the onion into large chunks.

Peel the carrots, cut into 2-3cm chunks and then into slices.

Boil the kettle for the noodles.

For the fry

(optional) 2 eggs for omelette

sesame oil

vegetable oil

dark soy sauce

pinch of chilli flakes (optional)

bit of salt

125g pork mince

2-3 portions dried 5-min cook noodles (125g - 180g)

noodle flavouring (optional, e.g. from instant noodles)

30g/handful of cashew nuts (optional)

(Optional) Make the omelette and set it to one side.

Heat (high) about 2 tbsp of sesame oil and 3 tbsp of vegetable oil in the wok. Add the chilli flakes and fry for a few seconds, followed by the garlic, ginger, and onion. Fry for a minute, stirring and breaking up any clumps of onion.

Put the noodles on to cook in a separate saucepan – best to take them out just before 5 min is up.

Add the pork mince to the stir fry with a bit of salt and at least half the noodle flavouring. Add more sesame oil if things are starting to stick. Fry for a minute, then add the beans and carrots and fry for another couple of minutes.

Drain the noodles and add to the pan. Drizzle 2 tbsp sesame oil and 3 tbsp soy sauce over them. Add the cashews (and omelette). Mix well for 30sec and then serve immediately.