




# Veggie Stir Fry



 10 min

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 4 Servings

## INGREDIENTS

- ☐ Spring Onion (1 bunch)
- ☐ Sweet Pepper (1)
- ☐ Mange Tout (100 g)
- ☐ Bean Sprouts (250 g)
- ☐ Garlic (1 clove)
- ☐ Olive Oil (2 tbsp)
- ☐ Soy Sauce (2 tbsp)
- ☐ Noodles (270 g)

## PREPARATION

Prepare the vegetables by cleaning and chopping the vegetables into smaller pieces.

## COOKING

- ① Put the oil into a pan on moderate heat and crush the garlic into the pan. Stir it around.
- ② Add the spring onion, sweet pepper and mange tout. Fry and stir for about 30 seconds.
- ③ Add the bean sprouts and soy sauce. Stir fry for about 2 minutes.
- ④ Serve with cooked noodles.

