Community Integrated Care®

Leftover Stir Fry!

CARE TO COOK

What you will need



Leftover Cooked Meat



1 pack of Stir Fry Vegetable



Rice Noodles



Stir Fry Sauce



Olive Oil



Spatula



Wok



Apron

Method

Wash your hands and put on your apron.



Heat olive oil in a wok or large pan.



Add the vegetables and leftover meat to the wok and cook for 3-4 minutes until the vegetables are tender.



Stir in the stir-fry sauce and cook for 1-2 minutes.



Add in the rice noodles and mix all the ingredients together and cook for 2 minutes.



When cooked, serve and enjoy.

