Community Integrated Care®

Chinese Stir-Fry Shopping List & Recipe!

CARE TO COOK

Community Integrated Care®

Chinese Stir-Fry Shopping List

CARE TO COOK

Check your cupboards first:

You might already have these at home. If not, add them to your shopping list.



Vegetable Oil



Salt & Pepper



Pinch of Sugar



2 Tablespoons Light Soy Sauce



1 Teaspoon Sesame Oil (Optional)

Your stir-fry will still taste brilliant without this, but to get traditional Chinese flavours, we would encourage you to use sesame oil if you can.

Your shopping list:

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1 Medium Onion, Cubed



1 Bell Pepper, Washed & Dried



1 Courgette, Washed & Dried



1 Stick of Celery Washed & Dried



1 Large Carrot, Washed & Dried



1 Packet of Ready-to-Cook Noodles

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Ingredients

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1 Medium Onion, Cubed



1 Bell Pepper, Washed & Dried



1 Courgette, Washed & Dried



1 Stick of Celery Washed & Dried



1 Large Carrot, Washed & Dried



1 Packet of Ready-to-Cook Noodles



2 Tablespoons Light Soy Sauce



1 Tablespoon Garlic



1 Teaspoon Sesame Oil (Optional)

Ingredients



Vegetable Oil



Salt & Pepper



Pinch of Sugar

Equipment



Hob



Frying Pan or Wok



Tablespoon



Apron



Chopping Board



Knives



Pot



Colander

Method

Wash your hands and put on your apron.



Chop the onions using a knife.



Using a spoon, scoop out the seeds from the pepper then chop them using a knife.



Chop the celery using a knife.



Chop the carrot using a knife.



Chop the courgette using a knife.



Boil some water in your pot.



Put the chopped carrot, onion and celery in the boiling water for 1 minute.



Drain the water from the veg and put the veg to one side.



Put 1 teaspoon of veg oil in your frying pan or wok and heat it.



Fry the garlic, then add in 2 tablespoons of light soy sauce and 1 teaspoon of sesame oil



Add a pinch of pepper and pinch of sugar and stir everything together.



Then toss in all the veg and keep ‘stir frying’. Taste and adjust seasoning if needed.



Cook for another couple of minutes and pour out onto a plate/bowl.



In the same pan (without cleaning it) add another splash of oil in and heat, add the noodles.



Finally, add back the vegetables and mix everything together at a high heat for a minute.



Your fridge-raid stir-fry is ready to serve!

