



# Food Central

## Sweet chilli stir-fry recipe card

Stir-fry dishes are a great way to use lots of different vegetables and this recipe can be adapted to any protein source including plant-based products, fish or meat. Frozen vegetable mixes can also be used as an alternative to the vegetables listed below.

Sweet chilli stir-fry - Serves 4, preparation and cooking time 25 – 30 minutes

Ingredients	Amount
Oil	1tbsp
Protein of choice – finely sliced into strips	320g
Carrots – finely sliced into strips	2
Spring onions – finely sliced into strips	1
Yellow pepper – finely sliced into strips	1
Red chilli – deseeded and finely diced	1
Fresh ginger – grated	1cm
Garlic - crushed	½ clove
Vinegar	30ml
Juice from tinned pineapple	60ml
Tomato ketchup	30ml
Brown sugar	28g
Cornflour (add a little water to make a smooth paste)	28g
Noodles	200g

### Method

1. Place the noodles in a bowl, boil a kettle and pour the hot water over the noodles. Set aside for 5 – 10 minutes.
2. Heat the oil in a wok or frying pan, add the meat/plant-based protein/fish and fry over a high heat for approx. 4 minutes.
3. Add the garlic and vegetables to the frying pan/wok stirring regularly for 5 minutes or until the vegetables soften, then reduce to a low heat.
4. In a separate pan, combine the pineapple juice and vinegar, bring to the boil. Then add the chilli, ginger, ketchup and sugar, simmer for 5 minutes.
5. Stir the cornflour paste into the sauce to thicken.
6. Drain the noodles and add them to the frying pan/wok with the protein and vegetables. Finally, stir the sauce through the contents of the pan and serve immediately.