



## VEGGIE NOODLE STIR-FRY

SERVES 4 | 30 MINUTES

A great way to make sure you're getting the vitamins and minerals your body needs is to eat the rainbow. Eating a mixture of different coloured vegetables, like in this stir-fry, will help you do that. This dish will give you two of your 5-a-day. Of course, feel free to use whatever vegetables you have in the fridge – this is a great dish for using up leftovers too!

### JAMIE OLIVER'S FOOD REVOLUTION

Jamie is urging all of us to cook for our lives. This recipe is one of Jamie's 10 Food Revolution recipes that together can teach us all the skills we need to feed ourselves and our families good, nutritious food for years to come. For all 10 recipes go to [jamiesfoodrevolution.org](http://jamiesfoodrevolution.org) and celebrate the power of fresh, healthy, real food.

### INGREDIENTS

200g thick flat rice noodles	100g mangetout
1 red onion	100g baby spinach
2 cloves of garlic	2 limes
5cm piece of ginger	sesame oil
½ a bunch of fresh coriander	low-salt soy sauce
1 small head of broccoli	
1 red or yellow pepper	
350g firm tofu	
1 carrot	
optional: ½ a fresh red chilli	
100g unsalted cashew nuts	
vegetable oil	

### EQUIPMENT

Kettle  
Large bowl  
Colander or sieve  
Chopping board  
Knife  
Speed-peeler  
Wok or large non-stick frying pan  
Small bowl  
Wooden spoon  
Measuring spoons

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- 1** Cook the noodles according to the packet instructions, then drain and refresh in cold water (this stops them from over-cooking) and place to one side.
- 2** On a chopping board, peel and finely slice the onion, then peel and finely chop the garlic.
- 3** Peel the ginger using a teaspoon, then chop into matchsticks. Pick the coriander leaves and finely chop the stalks.
- 4** Cut the broccoli florets off the stalk, halve any larger florets, then thinly slice the stalk. Halve the pepper, scoop out the seeds and pith with a teaspoon, then slice into strips.
- 5** Cut the tofu into rough 2cm cubes. Using a speed-peeler, peel the carrot lengthways into long ribbons.
- 6** Trim and halve the chilli lengthways (if using), then run a teaspoon down the cut side to scoop out the seeds and white pith. Finely slice at an angle, then wash your hands thoroughly.
- 7** Place a wok or large non-stick frying pan on a medium heat, add the cashew nuts, and toast until golden, stirring regularly. Tip into a small bowl.
- 8** Place the pan back on a high heat and drizzle in 1 tablespoon of vegetable oil. Add the red onion, garlic, ginger and coriander stalks, then fry for 2 minutes, or until lightly golden, stirring regularly.
- 9** Throw in the broccoli, pepper, tofu and mangetouts, and fry for 2 minutes, stirring regularly.
- 10** Stir in the spinach and allow it to wilt, then add the noodles and carrot ribbons. Toss well for a minute to heat through.

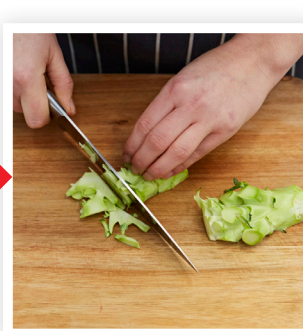
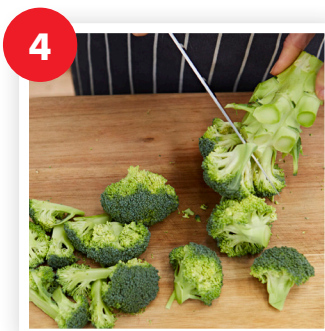
- 11** Squeeze over the juice from half the lime, add 1 teaspoon of sesame oil and 2 tablespoons of soy sauce, then toss to coat.
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- 12** Sprinkle over the sliced chilli (if using), toasted nuts and the reserved coriander leaves, then serve with lime wedges for squeezing.

## NOTES

- [illegible]



## STEP-BY-STEP





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