

## BROCCOLI AND PEPPER STIR-FRY (VE)

A stir-fry is a quick and easy dish for a satisfying light meal at any time of the day or night.

Serves 2

Per serving: 298 calories, 5.4g fat (excl. accompaniments)

Prep time: 10 mins

Marinate: 10 mins

Cook time: 15 mins

## INGREDIENTS

110g broccoli florets, broken into bite-sized pieces

1 red pepper, deseeded and sliced into thin strips

110g Chinese noodles

rapeseed oil spray

110g bean sprouts

*For the Marinade:*

½ red onion, thinly sliced

1 clove of garlic, crushed

2.5cm piece of fresh ginger, peeled and finely chopped

2 tablespoons orange juice

1 tablespoon light soy sauce

1 teaspoon sesame seeds

1 teaspoon finely chopped fresh chilli

## METHOD

1. Combine all the marinade ingredients in a large bowl. Add the broccoli and pepper to the marinade and mix well. Leave for 10 minutes.
2. Meanwhile, place the noodles in a heatproof bowl and cover with boiling water. Allow them to stand for 5 minutes.
3. Heat a large non-stick pan or wok and spray with rapeseed oil. Remove the vegetables from the marinade, reserving the marinade. Stir-fry the marinated vegetables for 5 - 6 minutes until they start to soften. Add the bean sprouts and cook for a further 2 minutes.
4. Drain the noodles and place in a saucepan. Add the reserved marinade and reheat, combining well.
5. Serve the vegetables and noodles immediately with a side salad.

