

## Vegetable Stir-fry with Noodles

A good mid-week meal, quick, easy and healthy for all the family.

You can also change the vegetables and add your family favourites instead.

Also a good idea to get the children involved in chopping the vegetables.

**Ingredients:** depending on how many you are cooking for



Carrots chopped into stick size

Peppers sliced

Sweet corn frozen can be used

Mushrooms sliced

Broccoli cut into florets

Spinach chopped

Onions chopped Garlic chopped Vegetable oil for cooking Your favourite seasoning

Soya sauce (optional) Noodles boiled drained

### **Method:**

Boil the noodles according to the instructions on the packet then drain.

In a pan add a little oil for cooking the vegetables, when the oil has heated add the chopped onion and garlic, stir-fry for a few minutes before adding all the chopped vegetables into the pan leaving the spinach for now, continue to cook the vegetables on a medium heat stir regularly for a few minutes, now add the spinach and cook until it has wilted, add your favourite seasoning and soya sauce, now add the cooked noodles and mix together well.

Serve whilst nice and hot, and enjoy.