

Veggie stir-fry serves: 4

Lunch

Dinner



Ingredients:

Vegetables-

Frozen

or

Fresh

or

Tinned



Soy Sauce

or

Stir-fry sauce

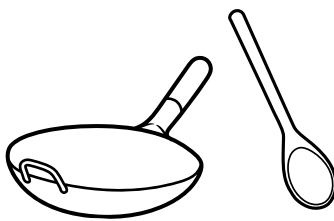
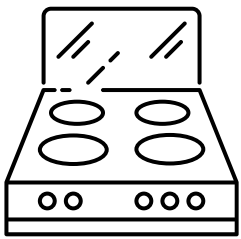
Rice

or

Noodles



Ingredients/ equipment:



or



or



or



or



method:

1 - Heat up the hot plate to a medium heat and place a wok on it

2- Add Fresh or Frozen or canned veggies to the pan and mix around

3- Add a stir-fry sauce to the vegetables and mix around

4-Choose noodles or rice and cook them according to the package instructions

5- Mix Cooked rice or noodles into the stir-fry until combines