



**VEGPOWER**

# STIR FRY FRENZY



**Looking for a meal which is fresh,  
fun and super easy?**

You can stir fry an amazing healthy meal in 15-20 minutes. All you need are these handy tips, a wok or large frying pan and whatever you fancy to make your own stir fry.

Stir fries are all about the prep: chop up everything you need, crank up the heat on your pan and then it's only a few minutes of stirring, frying and just a little bit of frenzy!

# PROTEIN

Start by prepping your chosen protein: meat, prawns, or tofu all work really well. Bring your protein up to room temperature, and cut meat or tofu into 2cm chunks. For best results remove protein from pan when cooked through, set aside and add back in with the sauce! Alternatively, if you have some leftover cooked meat in the fridge, that is perfect for throwing into a stir fry.

## Chef's tips

When prepping raw meat, make sure you use a clean knife and chopping board when moving on to the veg!

STEP  
1

# NOODLES OR RICE

A plate of stir fried veg and protein is perfect just as it is, but you may want to add some noodles or rice to help bulk out the meal - great for filling up hungry kids. Make sure you cook according to package instructions so they are ready to add to or serve with the stir fry!

## **Chef's tips**

If using noodles add to the pan at the end. For rice serve the stir fry on a bed of fresh rice or chuck pre-cooked and cooled rice into your pan for that fried rice feel!



# CHOP!

Bags of stir fry veg make it easy or take 5 mins to chop a selection of quick-cook veg with different textures - crunchy, crispy, leafy, and firm. Refer to the guide later on for an idea of how to prep different veg and when to add them during cooking!

## Kids not keen on veg...

Start small with just a couple of the veg that they will eat and slowly build up with more veg over time until you're twice veg to protein

## Portion guide

One bag of stir fry veg usually serves 2 people. If you are prepping it yourself, use approximately 1 handful of your chosen protein and 2 handfuls of veg per person.

STEP  
3

# SAUCE

Make life simple by using a ready-made sauce, such as black bean, oyster or sweet chilli, or go healthier and get adventurous by making your own! If you are making one, now is the time to get it ready. You can find some great sauce recipes online, or try our basic stir fry sauce recipe below...

## BASIC STIR FRY SAUCE

Whisk together 2 grated or very finely chopped garlic cloves and 2cm of grated or chopped fresh ginger, 2 teaspoons of sesame oil and 3-6 teaspoons of soy sauce (taste and adjust to your taste). If you want to add some sweetness, 1 teaspoon of honey does it beautifully. This sauce will serve 2 - feel free to double or triple as needed.

STEP  
4

**Wok around the clock!**

**OIL:**  
Use oils with a high smoke point like groundnut or vegetable, not olive oil.



**See our veg guide for what veg to add when!**





## GARNISH

Serve straightaway. If you are going to garnish, now's the time - try adding a small sprinkle of chopped peanuts, roughly chopped coriander or mint, sliced spring onions or a squeeze of lime, all of which make a big difference for minimum effort!

## SHARE!

You're all set to enjoy thousands of stir fry combos. We'd love to see your amazing meals, so please share and hashtag. **#StirFryFrenzy**



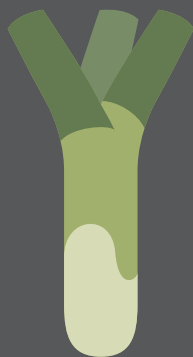


**Loads of veggies work well in stir-fry!  
Try some of these tried-and-tested  
favourites**



**onion**

slice into thin wedges



**leeks**

slice thinly into  
strips or rounds

**FIRST  
VEG**

cook these  
before the  
rest

**Add at 7 mins**



**mushrooms**

slice thinly and use  
to soak up oil

**VEG  
GUIDE  
1**



**pepper**  
slice finely



**carrots**  
use a veg peeler  
for long strips  
or slice finely



**courgette**  
slice into rounds  
or thin batons

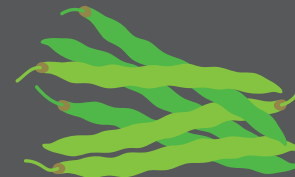
## CHUNKY VEG

Start with the most  
chunkily cut veg first

**Add at 8 mins**



**cauliflower**  
slice finely



**green beans**  
slice runner beans  
& keep green  
beans whole



**broccoli**  
slice finely

**VEG  
GUIDE  
2**



### **water chestnuts**

slice into rounds



### **radishes**

slice finely



### **beansprouts**

use whole



### **leafy greens**

whole leaves are fine but tear leaves off the stem for kale & discard



### **sweetcorn**

use frozen or canned



### **peas**

use frozen or fresh



### **pak choi**

slice up

## **LEAFY VEG**

& the quick cook veg!

**Add at 11 mins**

**GILES' SIMPLE  
STIR FRY SECRETS!**



watch  
**@VegPowerUK**



**MORE IDEAS!**



**@VegPowerUK**

**EAT MORE VEG**

80% of our kids are not eating enough vegetables. Veg Power is on a mission to inspire kids from early years through primary school and into their teens to veggie loving habits they will keep for life and in turn share with their children.

Don't let anybody tell you that getting kids to eat healthy veg is easy, it isn't! So we've collected together the top experts and leading chefs to support you with their top tips!



Follow **@VegPowerUK**  
**vegpower.org.uk**

**VEGPOWER**

© Veg Power CIC 2022