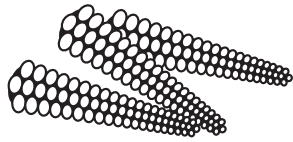




# Vegetable Stir Fry

To create your own stir fry recipe, use the following symbols to create a list of the ingredients which you wish to include. There are many more vegetables which can be added into the stir fry which can be found in the Food and Drink resources. You could also create a shopping list or alter the recipe instructions to include other steps.



Baby Corn (2)



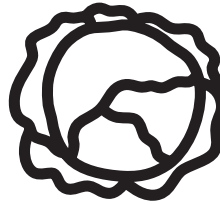
Spring Onions



Broccoli



Mange Tout



Cabbage



Cooking Oil



Carrot



Pepper/ Capsicum



Spinach



Soy Sauce



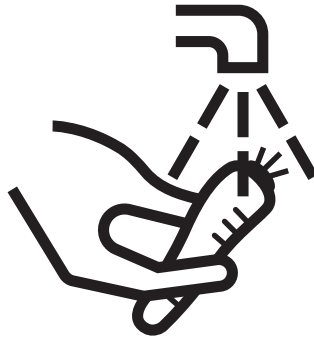
Bean Sprouts



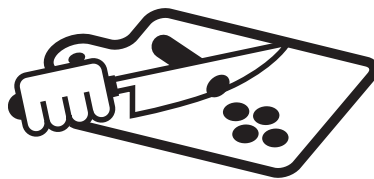
Noodles (packet)

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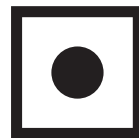
# Method



1. Wash the vegetables

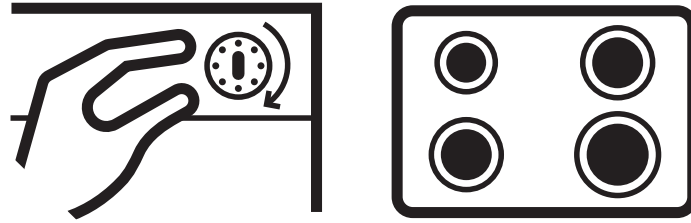


2. Chop the vegetables

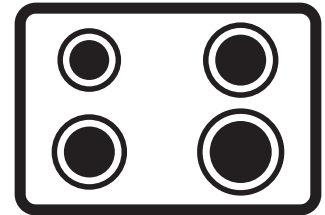
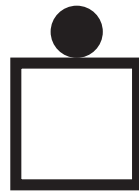


3. Put a spoon of oil in the frying pan

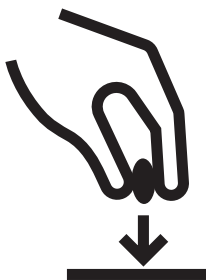
# Method



4. Turn on the hob



5. Put the frying pan on the hob

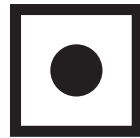
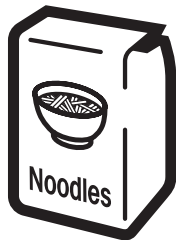
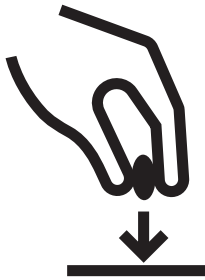


6. Put the vegetables in the frying pan

# Method



7. **Stir**

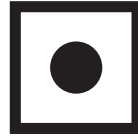


8. **Put** the **noodles** **in** the **frying pan**



9. **Stir**

## Method



10. Put a spoon of soy sauce in the frying pan



11. Serve