

Easy Radish & Calabrese Stir-Fry

Radishes are pretty irresistible raw; little glistening gems of red or white, with a peppery kick, yum! However, try them gently roasted, sautéed or stir-fried too; the longer white radishes are especially versatile, and produce a subtle sweetness when cooked. Try this super-easy stir fry and throw in whatever you have handy (radish leaves are also great for stir-frying); even cucumber works well with some delicate sauces and seasonings. Don't forget you can top up with noodles, rice, vinegar and soy sauce in the farm shop; or ask us to pop some in your next box delivery.

Serves 2

- 1 bunch radishes & leaves, washed & roughly chopped
- 1 onion, cut into wedges
- 2 carrots, scrubbed & cut into batons
- 1 head calabrese (broccoli)
- 2-3 tbsp sesame oil
- 1 tsp crushed garlic
- 1 tsp minced ginger
- 1 tbsp sugar & good pinch salt
- 1 tbsp rice vinegar
- 1 tbsp soy sauce
- pinch chilli flakes (optional)



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Heat the oil in a wok or large frying pan. Cut the calabrese into florets, and chop up the large stem into batons like the carrots. Add the garlic and ginger to the oil, and stir briskly for a minute. Add the calabrese stems, onions, carrots and radish roots; stir fry for a few minutes until well coated and starting to soften. Add the onions and broccoli florets and stir-fry for a few more minutes. Whisk together the sugar, salt, vinegar, soy sauce and chilli; add to the pan with the radish leaves and any shredded calabrese leaves. Stir-fry for another minute to combine well; serve with rice or noodles.



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