

Flower Sprout, Pepper & Mushroom Stir-Fry

The days are definitely getting longer, and it feels like spring could just be around the corner now. So we're getting ready for the busy season by chomping on some delicious veg: nothing could be simpler than this quick and healthy stir-fry, with a cheat's sweet and sour sauce! Let us know if you want any pineapple or pork with your nesxt box, to go the whole hog!

Serves 2

- 1 flower sprout top, shredded
- 100g mushrooms, sliced
- 1 red/green pepper, deseeded & sliced
- 1 onion, peeled & sliced
- 1 carrot, cut into lengths
- 1 clove garlic, minced
- 2cm piece ginger, peeled & minced
- 1 small chilli, deseeded & sliced
- 3 tbsp sesame/rapeseed oil
- 1 tbsp tomtato ketchup
- 1 tbsp rice vinegar
- 1 tbsp soy sauce



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Heat the oil in a large pan or wok, until smoking hot. Add the carrot, onion, garlic and ginger and stir continuously for a couple of minutes, till starting to char. Add the peppers, chilli and shredded flower sprout tops, and a dash of soy sauce. Stir-fry for a couple more minutes until tender. Meanwhile whisk together the ketchup, soy sauce and rice vinegar, and pour over the veg; stir-fry for 30 seconds more before serving with steamed rice.



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