

## ***Veggie stir-fry***

### ***Ingredients***

3 medium sized closed cup mushrooms  
1 small red pepper  
1 spring onion  
1 handful of green beans  
1 small packet of beansprouts  
1 packet of baby sweetcorn  
1 carrot  
¼ of a small white cabbage  
(or any veggies you prefer)

### ***Instructions***

Wash and chop/shred or grate all your veggies.

Heat a tsp of oil in your wok and place all the chopped/grated or shredded veggies in the pan. Stir-fry for 5 minutes.

Add straight to wok noodles and fry until softened.

Add a sauce of your choice.