

Summer Stir-fry --- Stir-fries are great when you don't want to spend a lot of time in the kitchen.



Prep: 15 mins

Serves: 4

Ingredients

- 4 oz/115 g green beans
- 4 oz/115 g snow peas
- 4 oz/115 g carrots
- 4 oz/115 g asparagus spears
- ½ red bell pepper
- ½ orange bell pepper
- ½ yellow bell pepper
- 2 celery stalks
- 3 scallions
- 2 tbsp peanut or corn oil
- 1 tsp finely chopped fresh gingerroot
- 2 garlic cloves, finely chopped
- 4 oz/115 g broccoli florets
- Salt
- Chinese chives, to garnish

- 1) Slice the green beans, snow peas, carrots, asparagus, bell peppers, celery, and scallions and reserve. Heat half the oil in a preheated work or heavy-bottomed skillet. Add the ginger and garlic and stir-fry for a few seconds, then add the green beans and stir-fry for 2 mins.
- 2) Add the snow peas, stir-fry for 1 min. then add the broccoli florets, carrots, and asparagus and stir-fry for 2 mins.
- 3) Add the remaining oil, the bell peppers, celery, and scallions and stir-fry for a further 2-3mins, or until all the vegs. are crisp and tender. Season to taste with salt and serve immediately, garnished with Chinese chives.