



Food Explorers Sticky Vegetable Noodles

Serves 4

Ingredients

1 tbsp oil
1 clove garlic
1 tsp ground ginger
1 tbsp soy sauce
1 tbsp runny honey
300g mixed vegetables – finely sliced
100g kidney beans
250g dried egg noodles

Method

1. Heat the oil and gently fry the onions, red peppers broccoli and carrots until tender, add the garlic, ginger and kidney beans and cook for a further minute.
2. Cook the noodles as per the instructions on the packet
3. Combine all the ingredients and serve.
4. Different vegetables and proteins may be added to create a new and exciting meal each time.

