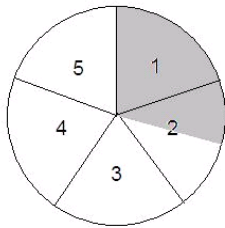


Mixed Vegetable Stir Fry & Pasta

Serves 6-8

Portions of fruit & vegetables per serving: 1½



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

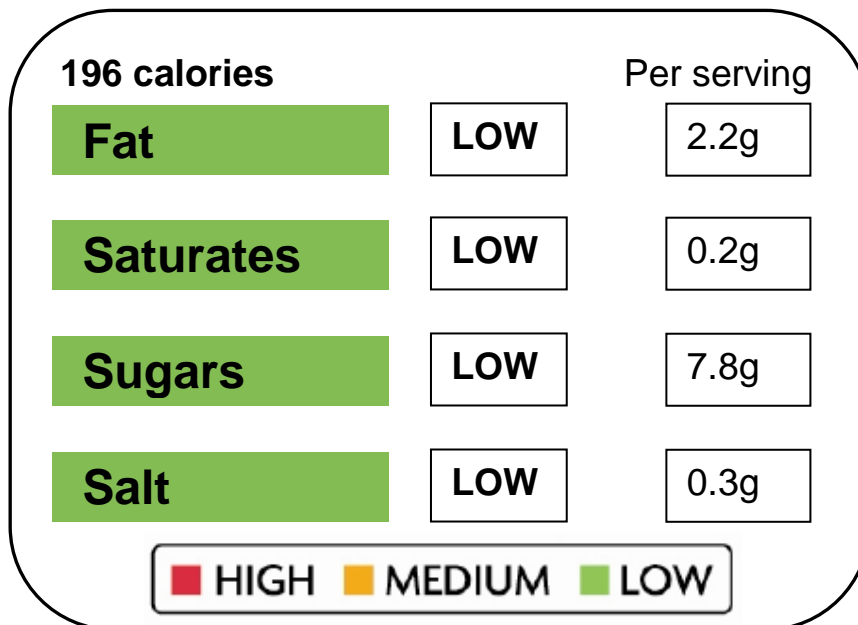
Ingredients	Amount	Preparation
vegetable oil	1 teaspoon	
onion	1 medium	finely chopped
sweet peppers (different colours)	2 medium	cut into small sticks
fresh or frozen peas	100g (4oz)	
broccoli	250g (9oz)	chopped
carrots	4 small	cut diagonally
lemons	2	squeezed
canned tomatoes	½ large 400g can	
pasta	80g (3oz) per person	

Please Turn Over



Method

- 1 Heat the oil in a wok or large frying pan, add the onion and fry gently until soft.
- 2 Add the sweet peppers, peas, broccoli and carrots to the wok and stir.
- 3 Add the lemon juice and the canned tomatoes and leave to simmer with the lid on for 10 minutes.
- 4 Whilst this is cooking put the pasta in a saucepan and cook it as instructed on the packet and then drain off the water.
- 5 Mix the vegetable stir-fry and pasta together.
- 6 Serve.



Handy Hints

- The more vegetables the better!
- Try using your favourite vegetables - choose ones that are in season to get good value for money.
- Vegetables provide loads of vitamins, minerals, fibre and help keep calories low. They also contain antioxidants to help fight disease.
- Wholemeal pasta will add even more fibre to this dish.

