MARTIN WISHART’S VEGAN BOX
STIR FRIED VEGETABLES & CHILLI NOODLES

Directions

1 | Peel and grate the garlic.
2 | Peel and grate the root ginger.
3 | Peel the carrot and slice very thinly.
4 | Slice both the peppers.
5 | Peel and slice the onion.
6 | Cut the courgette into small pieces.
7 | Thinly slice the red chilli.
8 | Heat a large frying pan or pot and add the oil.
9 | Add the garlic, ginger, chilli, onion and stir fry for 1 minute.
10 | Add the carrot, peppers, courgette and stir fry for 5 minutes.
11 | Add the soy sauce, a splash of water and the noodles and mix them through the vegetables.
12 | Stir fry for 5 minutes, if the mix gets too dry add another splash of water.
13 | Season to taste.
14 | Serve in a large bowl and enjoy!

Ingredients

- 150g straight to pan noodles
- 2g root ginger
- 80g red pepper
- Salt & pepper to taste
- 60g onion
- 80g green pepper
- 40g carrot
- 20ml soy sauce
- 1g red chilli
- 80g courgette
- 2 cloves of garlic
- 30ml oil

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