

## Asian Noodle Stir Fry

<b>Equipment</b>	<b>Ingredients</b>
Wok	1 packet Udon noodles
Electric Jug	3 tablespoons of vegetarian stir-fry sauce
Measuring spoons	Garlic (this is to taste)
Knives	Ginger (this is to taste)
Chopping board	3 cups mixed Vegetables (Snap Peas, Bok Choy, Carrot, Broccoli, Spring Onion)
Mixing bowl	Vegetable stock (1 cube)
Garlic Press	Oil

### **How TO MAKE IT:**

- 1 Wash the vegetables and chop/slice to bite size portions.
- 2 Mince the garlic and ginger into small pieces and set aside for later use.
- 3 Combine the vegetarian stir-fry sauce and vegetable stock in a bowl.
- 4 Boil the electric jug. Put udon noodles in a bowl and cover them with boiling water to soften.
- 5 Take out wok and add some oil. After it heats up, add the chopped vegetables. Stir for about 5-10 minutes.
- 6 Add some more oil to the wok and add ginger and garlic. Stir around, add the strained udon noodles and soy sauce mix and stir for about 5 to 7 minutes and take off the heat.
- 7 Plate your dish and now its time to serve it up.