

Vegan Stir Fry

INGREDIENTS

150g	Tofu/edamame beans/chick peas
1	Onion
1/2	Red pepper
1/2	Green pepper
50g	Mushrooms
50g	Bean sprouts
50g	Rice or vegan noodles



Basic sauce - 2 tsp cornflour with 8 tsp cold water (Add orange, lemon or tinned pineapple)

Sweet and Sour Sauce - 2 tsp cornflour, 4 tsp tomato ketchup, 4tsp soy sauce, 4 tsp sugar, 4 tsp white wine vinegar, 8 tsp water or pineapple juice

METHOD

1. Chop all the tofu and vegetables into thin, even strips.
2. Cook noodles or rice as per instructions on packet
3. Fry the onion.
4. Add the tofu & vegetables and cook for 5 minutes.
5. Stir in the sauce until it thickens.
6. Drain the noodles or rice and stir in well.