

Ginger Veggie Stir Fry

1 tbsp Cornflour
2 cloves crushed garlic
2 tsp chopped fresh ginger
4 tbsp vegetable oil
1 head broccoli, broken into florets
A small bunch of sugar snaps
A small bunch of French beans
1 carrot, chopped into batons
2 tbsp water
2 tbsp soy sauce
¼ onion diced
½ tsp salt

1. In a large bowl, blend cornflour, garlic, 1 teaspoon ginger, and 2 tablespoons vegetable oil until cornstarch is dissolved. Mix in broccoli, snow peas, carrots, and green beans, tossing to lightly coat.
2. Heat remaining 2 tablespoons oil in a large skillet or wok over medium heat. Cook vegetables in oil for 2 minutes, stirring constantly to prevent burning. Stir in soy sauce and water. Mix in onion, salt, and remaining 1 teaspoon ginger. Cook until vegetables are tender but still crisp