

Chinese Stir-Fry

Loprofin Spaghetti is delicious served as noodles in this stir-fry recipe. Choose any vegetables you like, and where possible cut into matchstick size pieces.

Ingredients

110g Loprofin Spaghetti
2 tablespoons vegetable oil
1 garlic clove, crushed
1 small onion, chopped
50g runner beans
1 carrot
½ red or green pepper
25g mushrooms
1-2 stick of celery
½ courgette

Sauce

1 teaspoon sugar
1 tablespoon lemon juice
150ml water
¼ teaspoon ground ginger, or fresh grated ginger
1 tablespoon tomato puree
2 teaspoons Worcestershire sauce
Salt and black pepper

Method

1. Cook the Loprofin spaghetti as directed on the pack.
2. Meanwhile, mix all the sauce ingredients together in a bowl or jug. Mix well with a fork.
3. Heat the oil in a wok or large frying pan and fry the onion and garlic for 2 minutes. Keep stirring.
4. Add the other prepared vegetables of your choice and stir-fry for about 3 minutes, then add in the sauce and toss well. Heat for a further 2 minutes.
5. Serve immediately with the cooked Loprofin Spaghetti.

Serves 2

This recipe was provided by Nutrica Metabolics.