

# 10 wok suppers

All these fresh meal ideas take less than 20 minutes to prepare and cook, and serve four people

## HOT TIPS FOR STIR-FRYING

The key is to have your pan hot, hot, hot. Heat your pan, add the oil, then let it heat up until it shimmers. A lower temperature will mean you end up stir-boiling instead of frying, resulting in grey meat and soggy veg.

- Choose mild-flavoured oils with high burning points, such as sunflower or vegetable oils.
- Cut all your veg to similar sizes so everything cooks in a similar amount of time.
- Cook harder veg, such as red pepper and broccoli, first, then add tender veg, such as spinach, later on.
- No wok? Don't worry! A large frying pan makes a great substitute.

## SIMPLE MEAT AND SEAFOOD Peppery prawn noodles ✓ Low fat

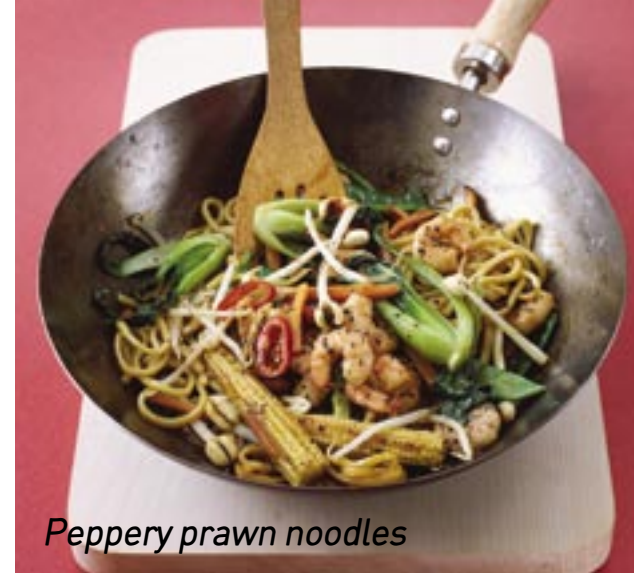
Boil 250g dried egg noodles according to pack instructions, then drain. Fry 1 tsp lightly crushed black peppercorns in a little oil along with 1 deseeded, sliced red chilli, 100g pack baby corn and leaves from 2 bok choy. Stir-fry 1 min, add 200g pack raw peeled prawns, then fry until pink. Add the noodles, a handful beansprouts and heat through.

## Five-spice chicken

Coat 400g chicken mini fillets with 2 tsp five-spice powder. Sizzle in 1 tbsp oil for 3 mins until golden. Mix 2 tbsp soy sauce, 1 tbsp honey and 1 tbsp water. Add ½ bunch chopped spring onions and 100g bag spinach to the pan. Cook for a few mins more until spinach wilts and meat is cooked. Add soy mix, then heat through.

## Ginger, beef and mushroom

Slice 4 thin steaks into strips, then marinate in 2 tbsp soy sauce mixed with 1 tbsp water, 1 tsp oil and a knob of freshly grated root ginger for at least 10 mins. Lift from the marinade, reserving liquid. Fry steak in 1 tsp oil until



Peppery prawn noodles

coloured, then tip out. Fry 150g sliced mushrooms for 2 mins, then add the marinade and a 300g pack straight-to-wok udon noodles. Simmer for 1 min. Return beef to the wok, toss well and serve.

## Sweet chilli salmon ✓ Heart healthy

Fry 2 salmon fillets in 2 tsp oil for 2 mins on each side. Remove from pan, then fry florets from 1 small head broccoli with 1 deseeded, sliced green pepper and 1 sliced red onion for 2 mins. Stir in 4 tbsp sweet chilli sauce, a splash soy sauce and 3 x 150g packs straight-to-wok fine wheat noodles. Cook for a few mins more, adding large flakes of salmon just before serving.

## Sweet and sour mango pork

Good for you, low fat Ⓟ

Heat a drizzle oil, then fry 500g pork strips and 200g halved green beans until the meat is cooked and golden, and the beans are just tender. Mix 4 heaped tbsp mango chutney with 1 tbsp wine vinegar and 1 tbsp water, then stir into the pork and beans, bubbling briefly before serving with rice.

## DELICIOUS VEGGIE CHOICES Spicy butternut with feta

✓✓ Low fat

Fry 1 tsp each crushed cumin and coriander seeds in a drizzle oil until they pop, then add 1 peeled, cubed butternut squash. Cover and cook for 8 mins until squash has softened. Uncover, stir in 1 tbsp harissa paste, then fry until golden. Add a handful flaked toasted almonds and 100g crumbled feta, stir to combine, then serve with couscous.

## Teriyaki Quorn and crunchy veg ✓

Marinate 300g Quorn strips in 3 tbsp teriyaki sauce for 10 mins, then drain, reserving the marinade. Fry strips in 1 tbsp oil until golden. Add 2 thinly sliced carrots, 1 deseeded, sliced red pepper and a 200g pack baby corn. Cook for a few mins until tender, then toss with the remaining marinade.

## Quick tofu pad Thai ✓

Add 300g ready-marinated tofu pieces to 2 tsp hot oil, fry until golden, then remove from the pan. Add 1 bunch

chopped spring onions and 1 deseeded, chopped red chilli, then fry until softened. Stir in 400g pack straight-to-wok pad Thai noodles, cook for 1 min, then squeeze over juice 1 lime. Add a splash fish sauce, a handful chopped coriander and 1 tbsp crushed peanuts.

## Leafy green curry ✓✓ Low fat

Heat 2 tsp oil, then fry ½ shredded Savoy cabbage for 2 mins. Add 200g bag spinach, leaves from 2 bok choy heads and a splash water; fry until wilted slightly. Set veg aside. Blend 2 tsp green curry paste with a splash water, then fry in 1 tsp oil until fragrant. Mix in a small sachet creamed coconut, then add the veg and 1 bunch chopped spring onions.

## Speedy sesame peas and beans ✓

Boil 250g egg noodles according to pack instructions, then drain. Fry 200g each sugar snap peas, halved green beans and frozen peas or soy beans in 2 tsp oil until tender. Toss with 2 tbsp soy sauce and the noodles, then stir in 1 tsp sesame oil to serve.