

Rainbow vegetable stir-fry for kids

What you will need:

A chopping board; A sharp knife; A wok or large pan; A microwave

Ingredients

1 pack of microwave wholegrain rice (*uncle ben's is good*)

1 tablespoon of olive oil

1 tablespoon of paprika

2 cloves of garlic

4 mushrooms

2 carrots

½ red pepper

½ yellow pepper

½ orange or green pepper

1 onion

1 handful of sugar snap peas

2-3 tablespoons of Soya sauce

Method

1. Wash the peppers and sugar snap peas and chop into small pieces.
2. Peel the mushrooms, carrots, onion and garlic. Chop all of these into small pieces.
3. Heat one tablespoon of olive oil in the wok/large pan
4. Add all the vegetables and stir-fry for 10-15 minutes until tender
5. Put the rice in the microwave and cook using the packet instructions
6. Add the rice to the pan and pour in the soya sauce
7. Mix well and serve