

Stir fry noodles



Serves
3



Ingredients

1 red or yellow pepper, sliced
 ½ head of broccoli, sliced
 5-6 mushrooms, sliced
 1 clove of garlic, grated
 1 small piece of ginger, grated
 2 – 3 spring onions, sliced
 1 medium carrot, ribbons
 1 bunch coriander, chopped
 2 nests of rice vermicelli noodles
 3 tablespoons sesame oil
 3 tablespoons soy sauce
 Juice of one lime

Method

1. In a large frying pan or wok, heat 1 tablespoon of vegetable oil on a high heat and add sliced peppers, broccoli, mushrooms and spring onions and sauté for about 5 – 7 minutes, stirring occasionally. Careful when adding the vegetables that you don't get splashed by the hot oil.

2. In the meantime, place the rice noodles in a bowl and pour over hot water until completely covered and leave for 10 minutes (or follow the instructions on the packet).
3. Now prepare the stir-fry sauce by mixing together the soy sauce, sesame oil, grated ginger and grated garlic.
4. Drain the noodles and add them to the frying pan together with the sauce.
5. Cook for another minute and serve with chopped coriander and lime juice.

TOP TIP!

Eat the rainbow: Fruit and vegetables are a good source of vitamins, minerals and fibre. Did you know each colour represents a unique nutrient which helps you keep your heart healthy, be able to see better, to improve your memory and lots more. This recipe is designed to help you eat the rainbow today. See if you can eat a rainbow every day.

Chocolate courgette brownies

Makes
9

Ingredients

100ml coconut or vegetable oil
150g brown sugar
2 tsp vanilla extract
230g plain flour
55g unsweetened cocoa powder
1½ teaspoons bicarbonate of soda
½ teaspoon salt
325g grated courgette (don't squeeze or drain)
50g walnuts, roughly chopped

Method

1. Preheat oven to 175°C and line a 30x33cm pan with baking paper (or grease with cooking spray).
2. Add the oil, sugar, and vanilla to a large mixing bowl and mix until combined and grainy.
3. Stir in the flour, cocoa powder, baking soda, and salt. The mixture will be thick and quite dry, but don't panic, the courgette will moisten it.
4. Gently stir in the shredded courgette.
5. Set the mixture aside for five minutes to rest and let the courgette's juices release into the batter.
6. Gently fold in the chopped walnuts
7. Pour the cake mix into the pan and spread evenly to the edges. Cook for 25 minutes or until the edges are set and the centre is still a little bit wobbly and soft.
8. Allow the courgette brownies to cool completely in the tray before cutting into squares.

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