Crunchy Sweet and Sour Stir-Fry

Cooking time	15 mins
Preparation time	15 mins
Serves	6

Our convenient Royco® Sweet and Sour Sauce is delicious in stir-fries packed with bright veggies. Try this easy recipe with chicken, beef or even ostrich, and add cashew nuts or peanuts for extra crunch.

Ingredients

- 45ml (3 Tbsp) oil
- 600g chicken, beef or ostrich strips
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 1 red pepper, sliced
- 1 yellow pepper, sliced
- 3 carrots, peeled and cut into thin strips
- 3 big cloves garlic, crushed
- a thumb-sized piece of fresh ginger, grated
- 150g green beans, sliced in half
- 8 spring onions, sliced
- 1 x 400g Royco® Sweet and Sour Sauce
- salt and pepper, to taste
- 420g dry noodles
- a handful of cashew nuts or peanuts, to serve
- fresh coriander, to serve

Vegetarian

Leave out the chicken or meat for a delicious vegetarian option.

Family Friendly

This meal is a great opportunity to show your kids how to use chopsticks!

Method

1. Heat some of the oil in a large pan or wok. Fry the chicken or beef strips in batches, over a high heat, until browned but not quite cooked through. Remove from the pan and set aside.
2. Add the peppers and carrots (with more oil if necessary) and stir-fry over a high heat for a few minutes.
3. Now stir in the garlic, ginger and beans, and cook until the beans are tender but still bright green.
4. Return the chicken or beef strips to the pan and add the spring onions and Royco® Sweet and Sour Sauce.
5. Turn down the heat and simmer for a few more minutes, or until the chicken or beef is cooked right through, but the veggies are still crunchy. Season to taste with salt and pepper.
6. In the meantime, cook the noodles according to the packet instructions and drain well.
7. Serve your stir-fry hot with the noodles, fresh coriander and cashew nuts (or peanuts).

Recipe Tags

Wet Cook In Sauce, Meat and Veg

Related Recipes



Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins



Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins

Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins

Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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