

Turkey and Pepper Stir Fry

Ingredients (Serves 4)



125g dried egg noodles, medium or fine



1 small orange, juiced



1 tbsp reduced- salt soy sauce



1 tbsp cornflour



1 tbsp vegetable oil



350g skinless turkey breast cut into strips



5 spring onions, thinly sliced



1 pepper, any colour, deseeded and thinly sliced



1 carrot, cut into thin strips



1 handful mushrooms, sliced



1 pinch ground black pepper

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1. Put the noodles into a heatproof bowl and cover with boiling water. Soak for 6 minutes, or follow the instructions on the packet. If you prefer, leave out the noodles and cook 150g of long grain rice to serve with the noodles.
2. Next, mix together the orange juice, soy sauce and cornflour until smooth. Set to one side. Heat the oil in a wok or very large frying pan.
3. Add the turkey and stir-fry briskly for 3 to 4 minutes. Add the spring onions, pepper, carrot, celery and mushrooms. Stir-fry over a high heat for another 3 to 4 minutes, until the turkey is cooked. The vegetables should remain crisp and crunchy.
4. For a vegetarian version, replace the turkey with a 300g pack of firm tofu cut into chunks or Quorn chicken style pieces.
5. Give the orange juice mixture a good stir, then add it to the stir-fry and cook for a few moments until thickened. Drain the noodles well, then add them to the turkey mixture.

