KIKKOMAN

Quick and Easy Teriyaki Vegetable Stir Fry with Noodles

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

INGREDIENTS

4 portion(s)

250 g	egg noodles
1 tbsp	vegetable oil
1	red pepper, deseeded and sliced
100 g	Tenderstem broccoli, cut into florets
100 g	baby corn, sliced
100 g	sugar snap peas or mangetout, sliced
1	carrot, thinly sliced
1	clove garlic, crushed, or 1 tsp garlic paste
1 tsp	fresh ginger, finely chopped (or 1 tsp ginger paste)
6 tbsp	Kikkoman Teriyaki Marinade
	Sesame seeds, to garnish (optional)

PREPARATION

Step 1

Cook the egg noodles according to the pack instructions then drain.

Step 2

Heat the oil in a wok and stir fry the red pepper, Tenderstem broccoli. Baby corn, sugar snap peas (or mangetout) and carrot over a medium heat for around 5-6 minutes until they just begin to soften, but retain some bite.

Step 3

Add the garlic and ginger and cook for another 1 minute.

Step 4

Add the Kikkoman Teriyaki Marinade and stir until mixed well.

Step 5

Tip in the drained egg noodles and heat through. Serve with sesame seeds, if liked.