

Stir-fried Veggie Fajitas

Total time **25 mins** 15 mins preparation time 10 mins cooking time

INGREDIENTS

4 portion(s)

- 2 tbsp** sunflower oil
- 1** carrot, cut into matchsticks
- 1** red pepper, deseeded and sliced
- 1** orange or yellow pepper, deseeded and sliced
- 100 g** baby corn, halved
- 1** courgette, cut into strips
- 4** spring onions, cut into 5cm lengths
- 100 g** mange tout, halved lengthways
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 4 tbsp** tomato pasta sauce or passata
- To serve:**
- 8** flour tortillas
- 8 tbsp** salsa
- 8 tbsp** soured cream

PREPARATION

Step 1

Heat the oil in a wok or large frying pan, add the carrots and stir-fry over a high heat for 2 minutes.

Step 2

Add the peppers, stir-fry for 2 minutes, then add the baby corn, courgette, spring onions and mange tout and stir-fry for a further 2 minutes. Add the soy sauce and pasta sauce and cook for 1 minute, stirring so the vegetables are coated and the sauces heated through. Transfer the vegetables to a serving dish.

Step 3

To serve, warm the tortillas according to the packet instructions. Spoon some of the vegetables onto each tortilla, top with the salsa and soured cream, roll up and enjoy!