



# Broccoli Stir-Fry with Honey Soy Dressing

**SERVES: 6**

## **INGREDIENTS:**

- 5 tbsp soy sauce
- 2 tbsp honey
- 1 tbsp sunflower oil
- ½ brown onion, peeled and sliced
- 3-4 garlic cloves, peeled and minced
- 2cm knob of ginger
- 1 ½ heads of broccoli, cut into small florets
- 5 spring onions, finely sliced
- 2 large handfuls of spinach
- 1 quantity Basic Egg Noodles
- 1 handful of coriander, torn
- 50g sesame seeds



## **METHOD:**

1. Prepare all of the ingredients based on the instructions in the ingredients list
  2. Combine the soy sauce and honey in the small bowl and set aside
  3. Heat the wok over a high heat
  4. Add the oil, and swirl to coat the wok
  5. Add the onion, then the garlic and ginger, and stir-fry for 2 minutes
  6. Add the broccoli and stir-fry for 3 minutes
  7. Stir in the spring onions and spinach
  8. After a minute add the noodles and toss to combine
  9. Add the sauce mixture and stir through the noodles and vegetables
  10. Divide between serving platters and sprinkle with coriander and sesame seeds
- Meat of your choice can be added as well