



## Sweet & Sour Radish & Spring Onion Stir-Fry

(Serves 4)

### Ingredients:

- 2 cloves of garlic,
- 4 Spring onions
- Bunch of radishes ( *about 1 cup full*)
- 1 head of Bok choy
- 1 tablespoon fresh ginger (grated)
- 2 tablespoons fresh orange juice
- 2 tablespoons rice vinegar\*
- 1teaspoon soy sauce
- 1 teaspoon honey
- 2 teaspoons cornflour
- ½ tablespoon oil
- ¼ teaspoon of salt
- 4 table spoons chopped cashew nuts (optional)



*\*you can substitute with apple cider vinegar*

### Equipment:

- Sharp knife & chopping board
- Large Frying pan or Wok
- Small mixing bowl
- Balloon Whisk( or fork)
- Measuring spoons
- Wooden spoon or spatula

## Cooking Instructions:



1. Wash your vegetables



2. Chop off the stems from the Bok Choi leaves  
Cut stems into slices



3. Cut radishes into quarters



4. Slice the spring onions diagonally.  
Keep some of the green ends and finely slice them for a garnish



5. Peel and slice the garlic



6. Peel the ginger and grate it.



7. Halve and squeeze the orange



8. Measure the orange juice, cornflour, honey, soy sauce and vinegar into the mixing bowl and whisk till combined



9. Put the wok onto the hob on a medium- high heat and add the oil. Once the oil is hot add the radishes and cook, without stirring, for 3 minutes.



10. Cook the rice noodles by covering with boiling water and leave to soften



11. Add the bok choy stems to the wok and cook for 3 minutes, stirring occasionally.



12. Add the onions, and sauté for 1 minute. Then add garlic and ginger, and sauté for 1 minute.



13. Add bok choy greens and salt, and sauté for 1 more minute. Then remove from heat



14. Drain the noodles and add to the wok



15. Stir the orange juice sauce again. Then add it to the pan and stir well to coat the vegetables.



16. Serve and garnish with chopped cashews (if using) and sliced spring onion greens