

# Vegetable Stir Fry Wrap

## Ingredients

1 garlic clove
1/4 pepper
Tortilla Wrap
1 tsp mayonaisse
1/4 onion
10g Cheddar Cheese

**Aim - Understand and to know how to use the different parts of the cooker – the hob – to fry / sauté. To learn how to cut julienne and create a filling for a wrap.**

## Skills:

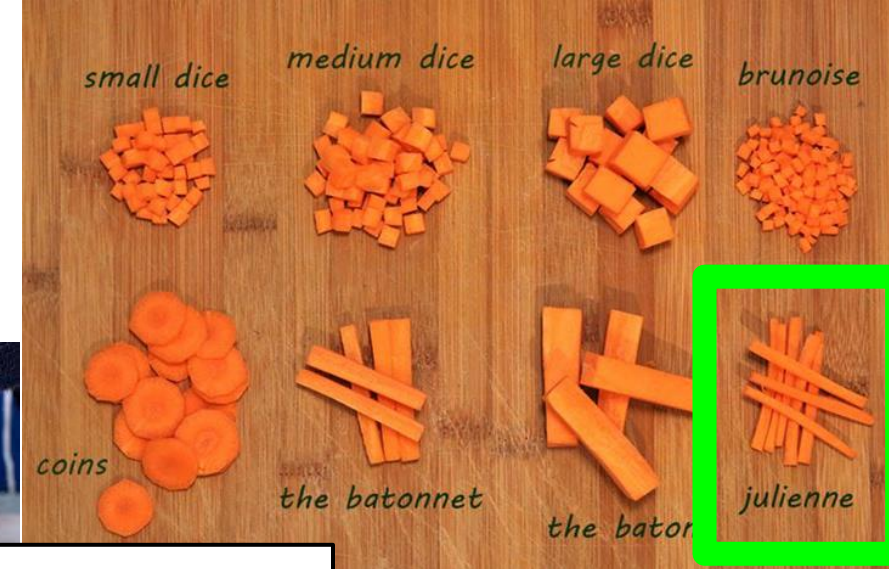
- Julienne Cut →
- Claw grip
- Bridge cut
- Crushing garlic
- Grating cheese
- Using the hob
- Frying/ sauteing

## Method:

1. Cut the peppers Julienne
2. Dice the onion or Julienne
3. Crush / mince the garlic clove
4. Put a tablespoon of oil in your pan
5. Add the peppers, onion and garlic to the frying / saucepan.

WASH YOUR BOARD AND KNIFE

1. Cook on a low heat, stirring continuously
2. Once cooked, place the vegetables on to the tortilla wrap
3. Grate cheese over the top and add mayonnaise
4. Wrap and enjoy!



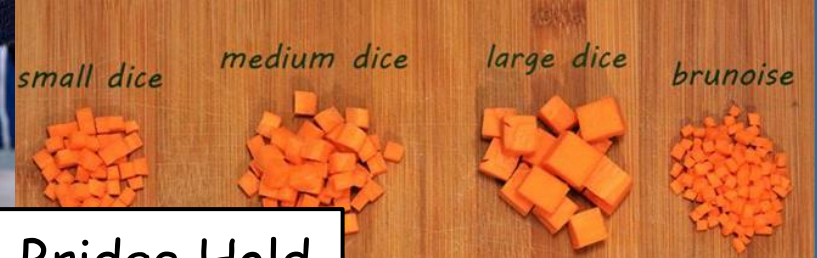
Bridge Hold



Claw Grip



# Vegetable Stir Fry



Bridge Hold



Claw Grip

**Knife Safety & Hob safety – take care of spitting oil.**



## Ingredients

- 2 tbsp sunflower oil
- 1/4 onion
- 1 garlic clove
- 1cm fresh root ginger
- 1 carrot
- 1/4 red or green pepper
- 25g sweetcorn
- 1/4 courgette
- 4 mushrooms
- 25g sugar snap peas
- 2 tbsp hoisin sauce

How do you know when its cooked?

**Aim – Know and understand how to use the different parts of the cooker – the hob to stir fry. To learn how skilfully chop the vegetables.**

## Method:

1. Cut the onions, carrot, courgette and peppers Julienne.
2. Add oil to the frying pan or wok and crush the garlic clove and add to the pan. Dice the ginger and add to the pan.
3. Chop the mushroom and any other ingredients.
4. Wash your board and knife and put away.
5. Stir fry all of the ingredients in the pan.
6. Once partially cooked, add the sauce to the pan and cook thoroughly until vegetables are soft.

- Skills: Julienne Cut / Claw grip / Bridge cut / Crushing garlic Using the hob / dicing / combining ingredients and sauces