

# QUICK SATAY SAUCE & STIR-FRIED LEFTOVERS

This simple dish makes a tasty dinner using items that are normally put in the bin and a sauce made with store cupboard ingredients, serve with noodles or rice

## TIPS

- Keep your leftover vegetable roots, peelings rather than throwing them away, they will keep in the fridge for a few days



## INGREDIENTS

### Satay

250g Peanut butter

5 tbsp dark soy sauce

120ml water

5 tbsp honey or maple syrup

1 tsp onion granules

1 tsp garlic powder or garlic puree

2 tsp ground ginger or ginger puree

2 tsp chilli flakes or chilli sauce

Pepper

2 tbsp white wine or cider vinegar – if you only have malt use that

### Stir-fry

2 broccoli stalks, finely chopped

4 onion roots & trimmings, finely chopped

4 carrot peelings, finely chopped

Leaves & root of one cauliflower, fine chopped

Handful of herb stalks, finely chopped

Bunch Spring onion tops

4 Cabbage outer leaves, red, white, savoy doesn't matter – finely shredded

2 tbsp ginger puree

5 tbsp dark soy sauce

1 tbsp garlic puree

20ml rapeseed oil

2 tsp five spice

1 tsp sesame seeds

### STEP 1.

Add the oil to a large saucepan over a medium heat, add the onion and cook until soft.

### STEP 2.

Now for the stir-fry, heat the oil in wok, add the ginger, garlic, 5 spice, fry for one minute before adding the chopped leftovers.

### STEP 3.

Keep tossing the vegetables before adding the soy sauce.

### STEP 4.

Once everything is cooked & the satay sauce & mix well, retain some sauce to drizzle over the top with the sesame seeds

### STEP 5.

Serve with noodles or rice