

Shellfish Stir-Fry

Serves 4

455g (1 lb) mixed shellfish, fresh or defrosted

1 x 15ml spoon (1 tbsp) sunflower oil

2.5cm (1 ") piece root ginger, peeled and finely chopped

2 cloves garlic, crushed

1 x 320g (11 1/4 oz) pack prepared stir-fry vegetables

2 x 15ml spoon (2 tbsps) soy sauce

1 x 2.5ml (1/2 tspn) Chinese five spice seasonings



1. Heat the oil in a large frying pan or wok. Cook the ginger and garlic for 1 minute, add the vegetables, soy sauce and seasoning and cook for a further 3 minutes.
2. Add the shellfish and cook for another 3-4 minutes.
3. Serve with noodles or rice.