

Pepper and Onion Stir-Fry Thing

Ok it's basically a Stir-Fry but I've added Thing in the title in honour of my sister... long story! This is quick, easy and really tasty.



Ingredients



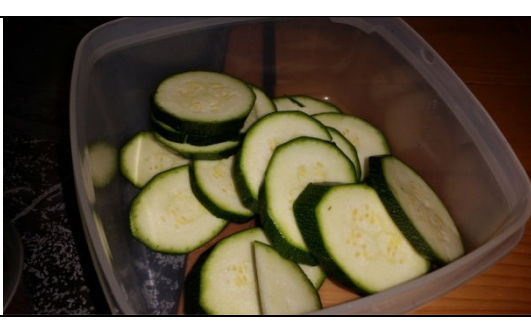
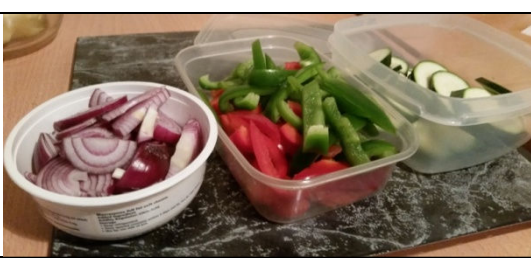

- Olive Oil
- 2 Tsp Lazy Ginger
- 2 Tsp Lazy Garlic
- 2 Red Onion
- 1 Courgette
- 1 Red Pepper
- Handful of Small Gherkins
- Glug of Dark Soy Sauce
- ½ Tin of Sainsbury's Char-Grilled Red Pepper Paste
- ½ Tin of Sainsbury's Sun-Dried Tomato Paste
- 2 – 3 Pre-Cooked Potatoes (optional)
- Handful of Flaked Almonds
- Salt and Pepper

Also Needed




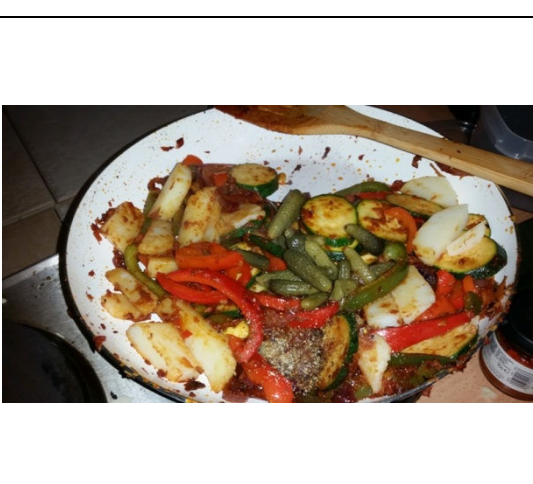
- Wok/Frying Pan
- Chopping Board
- Wooden Spoon
- Small Frying/Sauce Pan
- Knife
- Chopping Board

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Method:

1	Chop the onions in to ½ moon shapes. Don't cut them too thick as you're not going to cook this for long.	
2	Take the cheeks (sides) off the peppers and cut them into strips.	
3	Cut the courgette in to slices, I chose to cut mine into rounds.	
4	Put all the chopped vegetables in containers and set aside for cooking, the order they are in on the right is the order you'll cook them in.	
5	Fry the onion on a medium heat and add the garlic and ginger. You want to soften the onion not overly colour them. Remember to stir the onions regularly. While you're doing that place the almonds in a small pan and slightly toast them. They turn from nicely coloured to burned quickly so be careful!	

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6	Add the peppers and fry them until they start to soften. Remember to stir them regularly.	
7	Add the Char-Grilled Pepper and Sun-Dried Tomato Pastes and stir thoroughly. Cook this for a few minutes to allow the flavours to meld.	
8	After cooking for a few minutes and stirring regularly add the courgettes, you want to cook them until they start to brown.	
9	Once the courgettes are brown add the pre-cooked potatoes (if you're using them) and the soy sauce. Stir them thoroughly. Allow all the flavours to meet each other and shake hands. You should also give the potatoes time to take on some of the other flavours in the pan and colour slightly. Season to taste	
10	Serve with the almonds sprinkled on the top.	

