Recipe: Potato stir-fry in 15 minutes

Ingredients:

- 4 potatoes
- 2 vegan & gluten-free stock cubes (4.9 grams each)
- 3 cloves of garlic
- 1/2 tsp black pepper
- 2 tbsp cornflour
- 4-5 cups water
- A medley of stir-fry vegetables (your choice)
- (optional) 2 tablespoons sweet chili sauce

Method:

Peel(optional) and cut potatoes into 1 inch pieces, ½ inch thick.

Chop your vegetables into stir-fry sized pieces. I often use carrots, zucchini, red pepper, broccoli, and bok choy.

Put your non-stick pan on high heat and then add your potatoes. Cook your potatoes in a dry pan for 2 minutes, until they start to go brown and then add about ½ cup water along with your vegan stock cube. Break up the stock cube in the water and mix through the potatoes.

Then cover potatoes with water, place lid on and allow to cook until the potatoes become soft. (soft but still firm and hold their form)

Once cooked, if you choose to use the sweet chili sauce you can stir the sauce in at this point, so that the sauce coats the potatoes.

Add 1 cup of cold water to your cornflour, mix until there are no lumps and then set aside.

Then add garlic, pepper, and your second stock cube and stir. Add your cornflour mix and stir. Bring to the boil before adding your other vegetables (except your greens, hold these back until the end).

Cook for 3-5 minutes, then add your greens then turn off your stove/ Stir the greens in and allow to wilt in the residual heat.

Serve with steamed rice.

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