

### Sweet & Sour Vegetable Stir-Fry by Jamie Oliver

20 mins

Serves 4

#### Ingredients

1 tablespoon tomato purée  
1 tablespoon cornflour  
1 tablespoon white wine vinegar  
Low-salt soy sauce  
1 teaspoon Chinese five-spice  
1 x 410g tin of peaches in natural juice (or apricots or pineapple)  
1 red onion  
2 mixed-colour peppers  
1 carrot  
4 cloves of garlic  
4cm piece of ginger  
1 fresh red chilli  
Olive oil  
150g frozen peas  
1 pak choi  
200g vermicelli rice noodles  
2 tablespoons sesame seeds (optional)

#### Method

Mix the tomato purée and cornflour together in a bowl, then muddle in the vinegar, 1 tablespoon of soy sauce and the five-spice. Drain and add the peach juices and mix well. Place a large non-stick frying pan or wok on a high heat. Peel the onion and deseed the peppers, then finely slice with the carrot, adding them to the pan as you go. Dry-fry for 5 minutes, or until lightly charred, stirring occasionally. Peel the garlic and ginger, then finely chop with the chilli and add to the pan with 1 tablespoon of oil. Fry for 2 minutes, then stir in the sauce. Roughly chop the peaches and add to the pan with the peas, then slice the pak choi into 8 and toss everything together. Season to taste with soy and black pepper. Turn the heat down to low, then cook the noodles according to the packet instructions and drain, reserving a mugful of starchy noodle water. Toast the sesame seeds in a dry frying pan

until golden (if using). Adjust the consistency of the sauce with a splash of reserved noodle water, if needed, then serve with the noodles and a scattering of sesame seeds (if using). I've opted for noodles here, but it's equally delicious with rice or steamed buns.