



Food For Thought Recipe and Allergen Card

Stir Fry Vegetables with Spaghetti

100 Portions

Ingredient	Hannah Product Code	Quantity
Spaghetti	D005015	3k
Carrot – Peeled and grated		2k
Mange tout		2k
Mixed peppers – Sliced		2k
Red onion – Sliced		2k
Spring onion – Sliced		1 bunch
Soy Sauce	D001464	To taste
Corriander - Chopped		1 bunch
Garlic- Diced		1 bulb
Olive oil	D001010	For frying

RECIPE METHOD – ALLERGENS

1. Cook the spaghetti in boiling water for 12-15 minutes or until 'al dente'
2. Using a wok, in batches stir fry all vegetables and garlic
3. Once cooked mix well with spaghetti
4. Season with soy sauce to taste
5. Sprinkle with chopped corriander

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...