**Stir fry Worksheet**

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| Find out about when UK grown foods are in season and suggest good vegetables for stir fries in the following months  Dec, Jan, Feb:  March, April, May:  June, July, Aug:  Sept, Oct, Nov: | Vegetarians do not eat meat or fish. Circle the protein foods in the food bank below that a vegetarian could put into a stirfry  **Food bank**  egg tofu ham chicken prawns bacon haulomi cheese chick peas pepperoni quorn chicken kidney beans pork sausage |
| Describe other ways in which additional flavours could be added to the stir-fry. What ingredients could be used? | What would be your top tips for using a wok? |