

# Pastas

## SUPER FAST SUPER FOOD STIR FRY



2 avocados, peeled, stoned and sliced  
Juice of 1 orange  
1 tbsp runny honey  
2 tbsp soy sauce  
1 tbsp olive oil  
2 x salmon/chicken fillets, skinned and sliced  
150g broccoli  
100g green beans, top and tailed  
6 cherry/rosa tomatoes, halved  
150g baby spinach  
50g walnut halves

Mix together the orange juice, honey and soy sauce.

Heat the oil in a large wok. Add the broccoli and stir fry for 2 minutes, add the salmon/chicken and beans and stir fry for 2 minutes.

Add the remaining ingredients, and continue to cook, keeping all the ingredients moving, for a further 2 minutes. The vegetables should still retain some crunch.

Add the orange dressing and heat for further minute. Serve immediately with freshly cooked noodles.

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