



VEGGIE STIR FRY WITH MELTED CHEESE

Heat 2 tablespoons sunflower oil in a wok or large frying pan.

Deseed 1 yellow pepper and 1 orange or red pepper, and cut into thin strips. Stir fry the peppers for 3 minutes. Add 1 sliced courgette and stir fry for a further 2 minutes, then add 2 medium tomatoes, quartered, and stir fry for another minute.

Stand the Yorkshire Pudding on a baking sheet or heatproof plate, and fill with the stir-fried vegetables. Scatter 4tbsp grated mature Cheddar and 1tsp chopped herbs, eg thyme, over the vegetables.

Place in a hot oven (200 °c) for 7 - 10 mins. or until the cheese melts.



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