

MAKES AROUND  
4 PORTIONS

# QUICK SATAY SAUCE & STIR-FRIED LEFTOVERS

This simple dish makes a tasty dinner using items that are normally put in the bin and a sauce made with store cupboard ingredients, serve with noodles or rice

- Keep your leftover vegetable roots, peelings rather than throwing them away, they will keep in the fridge for a few days

## INGREDIENTS

### Satay

250g Peanut butter

5 tbsp dark soy sauce

120ml water

5 tbsp honey or maple syrup

1 tsp onion granules

1 tsp garlic powder or garlic puree

2 tsp ground ginger or ginger puree

2 tsp chilli flakes or chilli sauce

Pepper

2 tbsp white wine or cider vinegar – if you only have malt use that

