

**List of ingredients**

500g yams
1 Tbsp oil
½ Tbsp finely grated ginger
¼ tsp salt
½ lemon, juiced
½ tsp sesame oil, optional

You could add soya sauce instead of salt.

How to cook the dish

Wash yams, trim ends and pat dry with paper towels. Slice into rounds (about 1 cm thick).
Heat a pan or wok over medium-high heat, add the oil and let it get nice and hot.
Add yams and stir-fry for 4 minutes, stirring all the time. Season with salt, add ginger – keep on stirring, for 1 minute more.
Stir in sesame oil.
Tip the yams into a serving dish and squeeze over lemon.
Serve immediately.

Tip: Mix in other veges (like cauliflower, celery, broccoli, cabbage, green beans etc) with the yams to make a one-dish vege meal to eat alongside meat.