

Vegetarian Stir-fry with Rice

Food Foundations

Ingredients

- 15ml olive oil / sesame oil
- 5 cups broccoli florets
- 3 x 410g chickpeas
- 2 red capsicums sliced
- 1 cup sliced onion
- 2 cups snow peas or beans (fresh or frozen)
- 2 green capsicums sliced
- 5 cups thinly sliced carrots
- 5 cups Cauliflower florets
- 5 tsp Ginger (minced)
- 10 tsp Garlic (minced)
- 2 tbsp corn starch
- 125ml low salt vegetable stock
- 100ml low salt soy sauce
- 2 teaspoons honey
- 1kg rice

Serves: 20

Prep Time: 20 minutes

Cook Time: 10 minutes



Method

1. Add oil to pan and heat
2. Make sauce by combining corn starch, vegetable stock, low salt soy sauce and honey, mix until smooth.
3. Add onion, ginger and garlic for 2 minutes or until onion is tender
4. Add all other vegetables, cook until vegetables start to soften
5. Pour the sauce on the vegetables and cook for further 4 – 5 minutes (sauce will thicken and coat vegetables).
6. Serve with cooked rice

Recipe Notes:

- Additional vegetables: baby corn, Bok choy, snow peas, snap peas, mushrooms, red cabbage, beans or pineapple
- Serve with brown rice or noodles
- For variation add chicken or beef strips to hot oil and cook before adding vegetables
- Replace chickpeas with lentils, mixed beans or tofu

Don't add honey to stir-fry if serving to children under 12 months of age

Food Group	Serves per portion
Vegetables	1.4
Fruit	
Grain foods	1.4
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	