

Vegetable Stirfry with Rice

OSHC

Ingredients

- 2 tablespoons corn flour
- 125mL low salt vegetable stock
- 100mL low salt soy sauce
- 2 teaspoons honey
- 15mL extra virgin olive oil or sesame oil
- 1 cup onion, sliced
- 5 teaspoons minced ginger
- 10 teaspoons minced garlic
- 5 cups cauliflower florets
- 5 cups broccoli florets
- 5 cups carrots, thinly sliced
- 2 red capsicums, sliced
- 2 green capsicums, sliced
- 2 cups snow peas or beans (fresh or frozen)
- 3 x 410g cans chickpeas (no added salt), drained and rinsed
- 1kg rice, cooked according to packet instructions

Serves: 20

Prep Time: 20 mins

Cook Time: 10 mins



Method

1. In a bowl, prepare the sauce by combining the corn flour, low salt vegetable stock, low salt soy sauce and honey.
2. Heat a large pan or wok over a medium heat. Add extra virgin olive oil or sesame oil.
3. Add the sliced onion, minced garlic and minced ginger. Cook for 2 minutes or until soft.
4. Add the other vegetables and chickpeas. Cook until the vegetables start to soften.
5. Pour the prepared sauce over the vegetables. Cook for a further 4 – 5 minutes (the sauce will thicken and coat the vegetables).
6. Serve with cooked rice.

Recipe Notes:

The vegetables used in this recipe can be substituted with other fresh or frozen varieties such as baby corn, bok choy, mushrooms, cabbage or pineapple. Mix up the chickpeas with another legume or try tofu, lean meat or poultry.

Food Group	Serves per portion
Vegetables	1.4
Fruit	0
Grain foods	1.4
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0