

Chicken & vegetable stir fry

- Serves 2



Ingredients



2 X ½ cups of meat



½ onion, 1 clove garlic & ginger (Ginger is optional)

5 serves of mixed vegetables. Choices Can be fresh, frozen or tinned



1 cup baby corn



1 cup green beans



1 cup carrots



1 cup capsicum



1 cup broccoli

Equipment



1 tablespoon soy sauce



1 tablespoon chilli sauce



canola oil spray



1 Spray the frying pan with canola



2 Fry onion, garlic and ginger



3 Add meat. Then cook the meat until it is cooked right through



4 Add vegetables



5 Add 2 teaspoons of water and cook vegetables



6 Add soy and chilli sauce



7 Mix



8 Serve with brown rice or noodles

Food groups



Serves in 1 serve of meat & vegetable stir fry

Meat



½ cup
1 serve

Vegetables



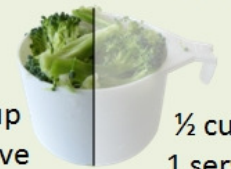
¼ cup
1 serve



½ cup
1 serve



½ cup
1 serve



½ cup
1 serve



½ cup
1 serve



½ cup
1 serve

Cereal



½ cup
1 serve



½ cup
1 serve

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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