

# Chicken & vegetable stir fry

- Serves 2



## Ingredients



2 X 1/2 cups of meat



1/2 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



1 tablespoon soy sauce



1 tablespoon chilli sauce



canola oil spray

## Equipment



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

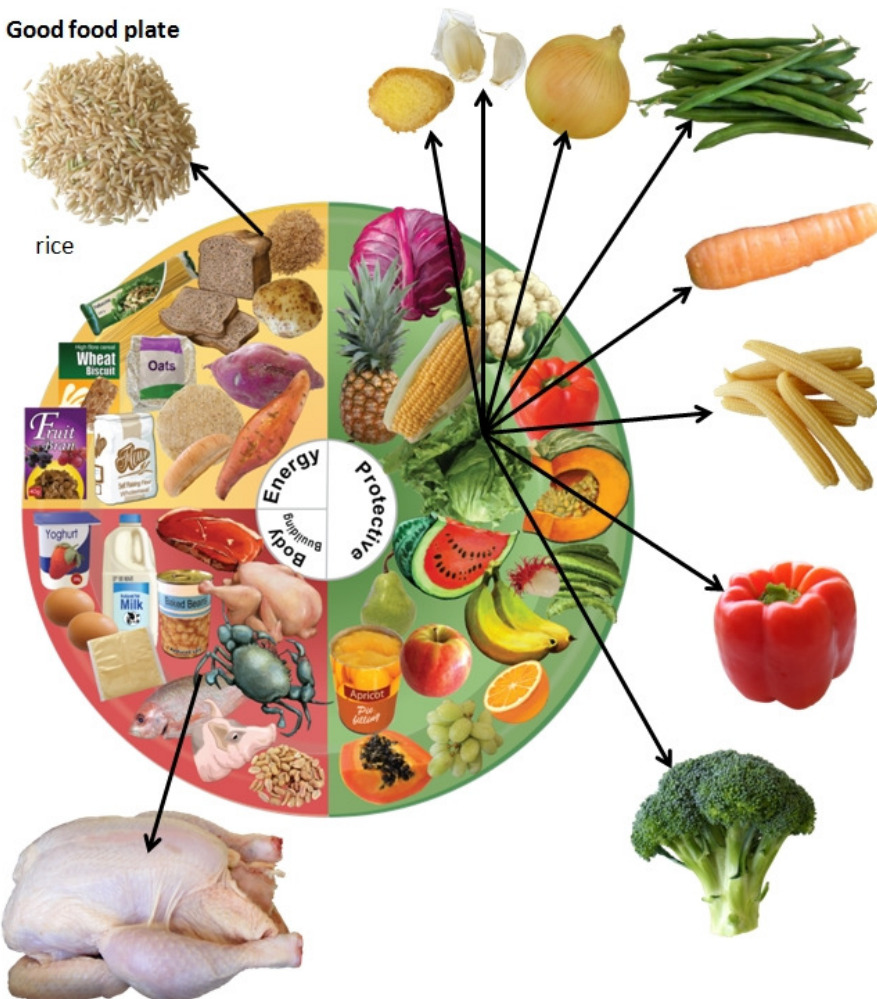


7 Mix



8 Serve with brown rice or noodles

Good food plate



Serves in 1 serve of meat & vegetable stir fry

Meat



½ cup  
1 serve

Vegetables



¼ cup  
1 serve



½ cup  
1 serve



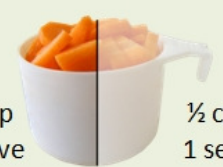
½ cup  
1 serve



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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