



Basic stir fry

Serves 2

Foundation
recipe



COOK



EAT

ENJOY

ENJOY

Stir fries are quick, tasty and easy to make. They are a great way to get a variety of different vegetables all at once.

This recipe includes a simple stir fry marinade made from scratch using basic pantry ingredients. Use the marinade on your choice of meat or tofu.

Ingredients

- 1 tablespoon oil
- 1 onion, cut into thin wedges
- 200g chicken thigh fillets, thinly sliced
- 2 sticks of celery, sliced diagonally
- 1 large carrot, cut into strips
- 1 cup broccoli florets
- 1 capsicum, sliced
- ½ cup water

Stir fry marinade

- 2 tablespoons salt reduced soy sauce
- 1 tablespoon oyster sauce
- 1 clove garlic, crushed
- 3cm piece of fresh ginger, peeled and finely grated or minced
- 1 teaspoon honey



Method

Step 1

To make the marinade, combine soy sauce, oyster sauce, ginger, garlic and honey in a bowl. Add the meat or tofu and mix well. Cover and refrigerate whilst preparing other ingredients.

Step 2

Heat oil in wok or frypan and add the marinated chicken making sure not to add all of the marinade. Stir fry for 2-3 minutes or until browned. Transfer to a bowl and cover to keep warm.

Step 3

Add onion to wok and stir fry for 1 minute or until onion has softened. Add celery and carrot. Stir fry for 2-3 minutes. Add capsicum and broccoli and stir fry for a further 2 minutes until all vegetables are just tender. Add remaining marinade and stir through.

Step 4

Return chicken to wok and stir through. Blend cornflour with water and add to the pan with the noodles. Stir fry for 1 minute until heated through.

Step 5

Serve with rice or noodles.

Serves per portion:

Veg
2½

Meat/alt
1

Grain
2