

Tasty Stir-Fry



Quick, easy and healthy way to cook your veggies.
Perfect for side dishes or add some protein to make it a meal.

- Green veggies – broccoli, green beans, celery, snow peas
 - Red veggies – red peppers
 - Yellow veggies – corn, yellow peppers
 - White veggies – onions, garlic, water chestnuts
1. Wash and chop your veggies into bite size pieces.
 2. Heat small amount of broth or water in frying pan.(2 tbsp-1/4 cup)
 3. Once boiling, add veggies. Cover and sauté for a few minutes until the veggies are a bright colour. Move the veggies around the pan to ensure even cooking.
 4. Pour on 2-3 TBSP of Extra-Virgin Olive oil, a fresh dressing, teriyaki sauce or your favourite sauce and mix through.
 5. Serve with rice noodles, rice or on its own.

Protein Power: Add some marinated tofu, chicken, beef or fish to make this a meal.

1. Slice the protein into small bite-size pieces.
2. Add 2-3 TBSP of your favourite sauce, such as teriyaki sauce or sweet thai chile.
3. Sauté in hot oil until colour of the protein changes, then add to the gently cooked veggies.