

Fresh vegetable stirfry

Ingredients

Seasonal vegies from our garden which may include:

Cabbage

Spinach/ Chard

Onions or spring onions

Carrots

Capsicum

Green beans

Broccoli florets

Cauliflower

Fresh ginger

1 clove garlic

1 tbsp cornflour

2 tbsp water

2 tbsp sweet chilli sauce

1 cup of vegetable stock

Method

Wash all the fresh ingredients.

Julienne the carrots.

Finely shred the cabbage.

Break cauliflower and broccoli into small florets.

Finely dice the capsicum and the onion.

Grate or slice the ginger.

Finely chop the garlic.

Turn electric frypan onto medium heat. Add oil.

Cook the onion and garlic for 1 $\frac{1}{2}$ minutes, add $\frac{1}{2}$ of the liquid, bring to boil, add all vegies and the chilli sauce.

Cook for 1 minute.

Combine the cornflour and water, stir into vegetables and bring to the boil.

ENJOY WITH YOUR CLASSMATES