



Go for 2&5
FRUIT VEG

Get the edge with fruit & veg

It's recommended that adults eat at least two serves of fruit & five serves of veg every day. Eating more fruit and vegetables helps to prevent overweight and obesity, heart disease, some forms of cancer and can also improve control of diabetes.

Chicken and Veggie Stir-fry

20 minutes preparation + 10 minutes cooking
9 serves of vegies in this recipe

- 2 cups rice
- 1 teaspoon vegetable oil
- 250g chicken breast, skin removed and cut into
- 1-2 cloves garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, thinly sliced
- 1 stick celery, sliced
- 1 red capsicum, seeded and diced
- 125g snow peas, ends and strings removed
- 1 bunch bok choy, or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced-salt soy sauce
- ½ cup chicken stock
- 1 tablespoon sweet chilli sauce



Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through. Serve with rice. Serves 4.

Variation

Use lean pork loin instead of chicken. Try noodles instead of rice. Try reduced-salt chicken stock.

Sample this recipe at the Go for 2&5® Taste Test
Belconnen Fresh Food Markets
Thursday, 30 April 2009, 12.30am - 2.00pm



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www.gofor2and5.com.au

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