

The Five in Five Stir-fry

Serves 4.

🕒 20 minutes preparation + 10 minutes cooking

🍴 7

Ingredients:

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



Method: Cook rice following directions on packet. Whilst rice is cooking, heat oil in a wok or large pan. Stir-fry chicken until almost cooked (3 to 4 minutes). Remove chicken and set aside. Cook garlic, onion, carrot, celery and capsicum for 2 minutes. Add chicken, snow peas and bok choy and cook for a further 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste, then stir in stock and chilli sauce. Pour sauce mixture into stir-fry and heat through. Serve over rice.

Variation: Use lean pork loin instead of chicken. Try noodles instead of rice.



Go for 2&5[®]
FRUIT VEG

An Australian Government, State and Territory health initiative.



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Government
of South Australia

Department of Health

March 2007



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It's Easy with Autumn Fruit and Veg!

March - May



It's easy to get 2&5[®] each day in Autumn.

Research suggests that eating more fruit and vegetables may be the single most important dietary change needed to improve health and reduce the risk of disease for Australians.

Are you getting your 2&5[®]?

South Australians adults eat about 1 1/2 serves of fruit and 2 1/2 serves of vegetables each day - we need 2 serves of fruit and 5 serves of vegies ...so we are already halfway there!

To help you and your family eat more fruit and veg, why not try the following...

- Select South Australian and Australian grown in-season fruit and vegetables. They are usually better quality, taste better and provide better value for money – you'll be supporting local growers too!
- Look for selection and storage tips in your local fruit and veg shop.
- Try at least one new recipe each week.
- Include a new fruit or veg in your trolley each week.

Tips to increase your FRUIT and VEG intake

FRUIT

- Choose fruit as a snack
- Add fruit to breakfast cereal or yoghurt
- Try fresh fruit for dessert
- Blend fruit with low fat milk, yoghurt and ice for a frothy fruit smoothie.

VEGETABLES

- Try crunchy vegies with low fat dips as a snack
- Replace some of the meat on your plate with vegies (4 different types)
- Add extra vegies or legumes to soups, stews, pasta, stir-fries and rice dishes
- Top English muffins or crumpets with diced vegies and sprinkle with reduced fat cheese for a quick mini pizza
- Add an extra serve of salad to your sandwich or roll.

Fruit	Mar	Apr	May
Apples (Golden Delicious, Granny Smith, Hi' Early, Jonathan, Jonagold, Red Delicious)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Bananas	Heavy supply (Aust Grown)	Available (Aust Grown)	Available (Aust Grown)
Blackberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Blueberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Mulberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Raspberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Strawberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Custard Apples	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Dates	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Figs	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Grapes	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Grapefruit	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Guavas	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Honey Dew	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Kiwifruit	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Lemons	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Limes	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Nashis	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Oranges (Valencia)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pawpaw	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Papaya	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Passionfruit	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Pears (Buerre Bosc, Corella, Duchess, Josephine, Lemon Bergamot, Packham, Red Anjou, Paradise, Winter Nellis)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pineapple	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pomegranates	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Rhubarb	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Rockmelon	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Starfruit	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Watermelon	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)

Key

Heavy supply (SA Grown) Available (SA Grown) Heavy supply (Aust Grown) Available (Aust Grown)



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Vegetables	Mar	Apr	May
Artichokes (Globe, Jerusalem)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Avocado (Hass, Greenskin)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Beans (Green, Butter)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Beetroot	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Bok Choy	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Broccoli	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Broccolini	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Brussels Sprouts	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Cabbage (Common, Chinese)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Capsicums (Gold, Green, Purple, Red)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Carrots	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Cauliflowers	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Celeriac	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Celery	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Chokos	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Cucumbers	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Eggplant	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Fennel	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Horseradish	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Leeks	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Lettuce	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Marrow	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Mushrooms	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Okra	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Onions (Brown, Red, White)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Parsnips	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Peas (Green, Snow, Sugarsnap)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Potatoes (Bison, Coliban, Desiree, Gourmet)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pumpkins (Blue, Butternut, Golden Nugget, Jarradale, Jap)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Radish	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Salsify	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Shallot Bulbs	Available (SA Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Shallots	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Silverbeet	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Spinach	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Squash	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Swedes	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Sweet Corn	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Sweet Potatoes	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Tomatoes	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Turnips	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Witlof	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Zucchini	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)

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