

Stir-fry veggies



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Preparation 20 mins | Cooking 5 mins | Serves 4

This quick and easy veggie 'side-dish' stir-fry teams well with chicken, steak or fish. Kids love it! For a vegetarian meal, add diced firm tofu and serve with rice.

- ¼ cup oyster sauce
- ¼ cup vegetable or chicken stock
- 1 tbs honey
- 2 tbs peanut or rice bran oil
- 2 green onions (shallots), thinly sliced
- 1 carrot, peeled and cut into matchsticks
- ½ red capsicum, deseeded and thinly sliced
- 100g snow peas, trimmed and halved lengthways
- 1 bunch (250g) Shanghai bok choy*
- 1 cup bean sprouts, trimmed

* Sold loose by the kilogram or in bunches, Shanghai bok choy is small and tender, if unavailable use 1 bunch trimmed baby bok choy.

- STEP 1** Combine oyster sauce, stock and honey in a bowl. Set aside.
- STEP 2** Heat a wok over high heat. Add oil, green onions, carrot and capsicum and stir-fry for 1 minute. Add snow peas and bok choy and stir-fry for 1 minute. Add honey mixture, cover and cook for 1-2 minutes until vegetables are tender. Toss through bean sprouts and serve.

Good for you... **BOK CHOY**

In many parts of Asia, people believe foods should be their medicine. Bok choy qualifies because it is a good source of many vitamins, including four from the B group that help the body use protein to build muscle. Bok choy is also a great source of vitamin C. This vitamin increases our chances of avoiding infections. Bok choy provides us with some calcium (important for strong bones) and also iron (used to make red blood cells).

