

Fresh for Kids® Stir-fried veggies



Stir-fried veggies

Preparation: about 15 minutes
Cooking: about 5 minutes
Serves: 4

This quick and easy side dish can be served with meat, chicken or fish.

- 2 tbs peanut oil
 - 1 carrot, cut into julienne
 - 2 sticks celery, sliced diagonally
 - 1 garlic clove, finely chopped
 - 2 green onions (shallots), sliced
 - 1 bunch asparagus, trimmed and cut into 5cm lengths
 - 150g snow peas, trimmed
 - 150g sugar snap peas, trimmed
 - ¼ chicken stock or water
 - ¼ cup oyster sauce
 - 1 tbs sweet chilli sauce
1. Heat oil in a wok over high heat. Add carrot, celery, garlic and green onions and stir-fry for 1 minute.
 2. Add asparagus and stir-fry for 2 minutes. Add snow peas, sugar snap peas and stock. Toss until combined. Cover and cook for 1 minute. Add oyster and chilli sauce. Toss until hot and serve.

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Celery

- A source of vitamin C, one of the vitamins that helps protect the body against infection.
- Provides potassium, which is useful to provide a positive balance to the negative effects of sodium from salt.
- The distinctive fresh smell of celery comes from compounds called phthalides, which are being tested for beneficial effects on health.

For fresh fruit and vegetable recipes visit
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