



Your guide to:
Stir frying vegetables

Fresh New Zealand grown vegetables

TURN OVER
FOR RECIPE
AND TIPS!

Stir frying

Stir frying is cooking vegetables in a little vegetable oil or liquid, stirring continuously over a high heat.

Prepare the rest of the meal first, then stir fry vegetables immediately before serving.

Prepare all vegetables before starting to cook. Cook in batches, do not over-crowd the pan, and cook dense vegetables first.

Dense vegetables – e.g. asparagus stalks, broccoli stem, carrot, cauliflower, silverbeet stem – wash and slice into pieces about the same size.

Less dense vegetables – e.g. asparagus tips, bok choy, broccoli florets, cabbage, capsicum, celery, courgette, kale, mushrooms, onion, silverbeet leaves, spinach – wash and thinly slice into similar sized small pieces.

1. Heat a little vegetable oil in a large non-stick pan or wok until very hot.
2. Add 1-2 cups of prepared vegetables and stir fry until cooked.
3. Add a sprinkling of water when the oil is used if the vegetables are not cooked. Remove from the pan and keep hot. Repeat with the next batch of vegetables.
4. Return all vegetables to the pan, add a little sauce and chopped fresh herbs. Stir fry until steaming, then serve.

Stir fried Asian greens - SERVES 4

INGREDIENTS

4 bok choy, trimmed and sliced, stalks and leaves
1-2 Tbsp capsicum and chilli chutney

METHOD

Heat a wok or heavy-based pan. Spray with oil.

Add bok choy stalks and stir fry for 1-2 minutes.

Drizzle 1-2 Tbsp of water over the vegetables and continue to stir fry until just tender.

Add leaves and stir fry until tender.

Spoon in chutney, toss, and serve.

Nutrition tip:

Stir fry vegetables rapidly in a minimum of liquid or oil, so fewer nutrients are lost or destroyed.



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