



Stir-fry Vegetables



Ingredients

1 carrot, cut into strips
1 leek, sliced
100g (4oz) broccoli, broken into florets
1 red pepper (optional)
1 x 5ml spoon (1 teaspoon) oil

Equipment

Frying pan or wok, spatula and measuring spoons.

Method

1. Wash and prepare the vegetables.
2. Add the oil to pan or wok and allow to heat.
3. Add vegetables and stir.
4. Cook for 3-5 minutes.

Nutrition Information

Stir-fry Vegetables	per 100g	per recipe	per portion (½ recipe)
Energy (kJ)	163	694	347
Energy (kcal)	39	166	83
Protein (g)	1.9	8.1	4.0
Fat (g)	1.7	7.2	3.6
of which saturates (g)	0.2	1.1	0.6
Carbohydrate (g)	4.2	18.1	9.0
of which sugars (g)	3.7	15.8	7.9
Fibre (g)	2.3	9.9	5.0
Sodium (mg)	11	47	24
Salt (g)	0.0	0.1	0.0

Notes

Key Messages

Healthy eating

- Experiment with herbs and spices to make vegetables appeal to even the most reluctant eater.
- Use other vegetables to add colour and variety, e.g. bean sprouts, mushrooms, spring onions and courgettes.
- Stir-frying vegetables is a good method of cooking because very little oil is used and they cook very quickly so there is less vitamin loss.

Money

- Use vegetables in season or frozen vegetables.

Food safety

- Always wash the vegetables to remove dirt and peel when necessary.