Rainbow Stir-fry

Bialik College Kitchen Garden Program

Ingredients:

- ☐ 1 tablespoon rice bran oil
- ☐ 1 red capsicum, thinly sliced
- ☐ 1 zucchini, thinly sliced
- ☐ 1 brown onion, finely diced
- ☐ 250g mushrooms, thinly sliced
- ☐ 2 cloves garlic, minced
- ☐ 3 spring onions, thinly sliced on the diagonal
- ☐ ¼ red cabbage, shredded
- ☐ 2 carrots, thinly sliced
- ☐ 10 snowpeas, remove string
- ☐ 1 bunch Asian greens of your choice, removes stems and thickly slice
- ☐ 1 tablespoon Vegan oyster sauce (DIY = 1 tablespoon soy sauce + ½ teaspoon sugar + pinch cornflour)
- ☐ 2 teaspoons soy sauce
- ☐ 2 tablespoons honey
- ☐ Juice of half a lemon
- ☐ ½ bunch fresh coriander, leaves only
- ☐ 1 tablespoon sesame seeds
- ☐ 1 packet of noodles of your choice (cook as per packet instructions)

Equipment:

- ☐ Metric measuring spoons and scales
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Wok or large electric fry pan
- ☐ Wooden spoon
- ☐ Medium saucepan to cook noodles
- ☐ Colander
- ☐ Serving bowl or platter

Method:

1. Prepare all ingredients as per ingredients list above. Line them up in bowls beside the stove.
2. Cook the noodles as per packet instructions.
3. Heat rice bran oil in a wok and fry chopped onion and garlic for 1 minute.
4. Add carrot and mushrooms to the wok and stir for another 2 minutes.
5. Add zucchini and cabbage and stir for another 2 minutes.
6. Add capsicum and snow peas, stir again.
7. Next add vegan oyster sauce, soy sauce, honey, lemon juice and sesame seeds.
8. Drain your noodles, add and stir until noodles are well coated in sauce.
9. Stir in coriander leaves (reserving some for garnish). Serve and enjoy! 😊