



Kai for the whānau

.....
Stir fries





Stir Fries



Tips for cooking stir fries

1. Cut veggies into similar sized pieces so they cook evenly.
2. Add hard veggies first. Softer veggies should be added towards to end of cooking.
3. Add sauces last.



Bok choy chicken stir fry

Serves 4 | Prep time: 10 mins | Cook time: 15 mins

Ingredients:

- 400g chicken breast, cut into bite sized pieces
- 2 bunches of bok choy, roughly cut into chunks
- 1 tbsp ginger paste
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- ¼ cup water
- Pepper

Step 1
Prepare ingredients. Chop Bok choy into chunks and chicken breast into bite sized pieces.



Step 2

Mix soy sauce and chicken together.



Step 3

Heat oil in pan to a medium-high heat. Put chicken in the pan and cook until golden.



Step 4

Add garlic, ginger, water, oyster sauce.



Step 5

Add Bok choy and cook for 2 minutes.



Step 6

Serve with brown or basmati rice.





Beef and veggie stir fry

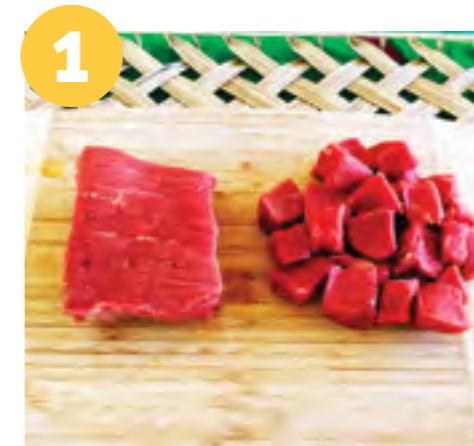
Serves 4 | Prep time: 10 mins | Cook time: 15 mins

Ingredients:

- 400g diced beef/400g rump steak
- 1kg bag of frozen vegetables
- 1 tbsp ginger paste
- 1 tbsp minced garlic
- 1 tbsp olive oil
- 1 tbsp oyster sauce
- 1 tbsp soy sauce
- ¼ cup water
- Pepper

Step 1

Prepare ingredients. If necessary, dice beef into bite-sized pieces.



Step 2

Mix the beef and soy sauce together.



Step 3

Heat oil in a pan to a medium-high heat. Put the beef in the pan and cook until golden.



Step 4

Turn the heat down to a medium-low. Add ginger and garlic and cook for a few minutes.



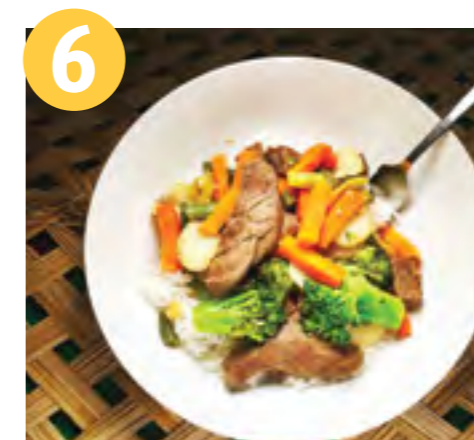
Step 5

Add frozen vegetables, oyster sauce, water and pepper. Mix together and cook for 5 - 10 minutes.



Step 6

Serve with brown or basmati rice.





Broccoli and fish stir fry

Serves 4 | Prep time: 10 mins | Cook time: 15 mins

Ingredients:

- 500g white fish fillets, cut into bite sized pieces
- 300g broccoli, cut into florets
- 1 onion, sliced
- 7 mushrooms, sliced
- 1 tbsp ginger paste
- 1 tbsp minced garlic
- 1 tbsp of olive oil

Sauce:

- 2 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tbsp water
- Pepper

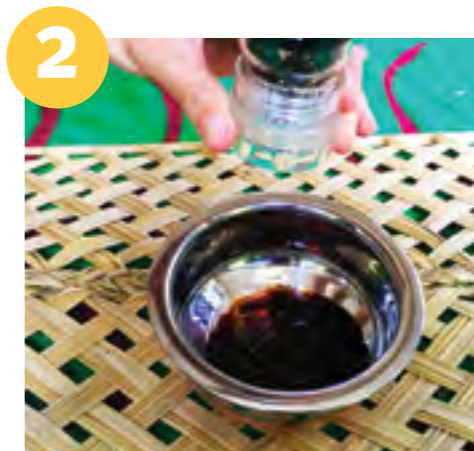
Step 1

Prepare ingredients. Cut fish into bite sized pieces, cut broccoli into florets and slice onion.



Step 2

Mix together the ingredients for the sauce.



Step 3

Heat oil in a pan to a medium to high heat. Add the onion, ginger and garlic and fish to the pan. Cook until fish turns white.



Step 4

Add the broccoli and mushrooms to the pan and cook for 2-3 minutes.



Step 5

Add the sauce to the stir fry mix and cook for another 2 – 5 minutes.

Step 6

Serve with brown or basmati rice.





Tangy bhajee and chickpea stir fry

Bhajee refers to greens in the Fijian Indian language
 Serves 4 | Prep time: 5 mins | Cook time: 20 mins

Ingredients:

- 1 400g tin of chickpeas
- 1 bunch of silver beet, cut into chunks
- 1/2 cabbage sliced
- 2 tbsp minced garlic
- 1 tbsp of olive oil
- 1 onion, sliced
- 1 tsp cumin
- 3 tbsp lemon juice
- 2 tbsp water

Step 1
 Prepare ingredients. Cut the silver beet into chunks and slice cabbage.



Step 2
 Slice onion.



Step 3
 Drain the liquid from the chickpeas and rinse with water.



Step 4
 Heat oil in a pan on medium to high heat. Add the onion, garlic and cumin followed by 1/2 the lemon juice.



Step 5
 Add the cabbage and silver beet and cook for 2-3 minutes.



Step 6
 Add the chickpeas and cook for a further 2 minutes and add the remaining lemon juice.



Step 7
 Serve with brown or basmati rice.





Garlic and soy veggie stir fry

Serves 4 | Prep time: 10 mins | Cook time: 15 mins

Ingredients:

- 1 cube of vegetable stock
- 7 mushrooms, sliced
- 1 head of cauliflower, cut into florets
- 1 carrot, sliced
- 1 onion, cut into thick slices
- 2 cups of frozen peas and beans
- 1 tbsp minced garlic
- 1 tbsp of olive oil
- 2 tbsp soy sauce
- 1 cup of water
- Pepper to flavour

Step 1
Prepare ingredients. Dice the onion, slice the mushrooms.



Step 1 (Continued)
Slice the carrots and cut the cauliflower into florets.



Step 2
Heat oil in a pan on medium to high heat. Add the onions, cauliflower, carrot, peas and beans. Cook for 5 minutes until vegetables are a little bit soft.



Step 3
In small bowl, mix together the cube of vegetable stock and water.



Step 4
Add the stock mixture, soy sauce and pepper to the pan and cook for 2 minutes.



Step 5
Serve with brown rice or basmati rice.