



Stir Fry Winter Vegetables

Serves tastes for class of 36



Equipment needed

knives
cutting board
wok
spatula or wok sang
measuring spoons
measuring cups
4 serving bowls

Ingredients

3 spring onions or small leek or onion
1 large carrot
assorted leafy vegetables: eg
1 bok choy
1/8 wombok or cabbage
6 kale leaves
4 silverbeet leaves
3 borage leaves
8 snow peas
1/2 cup bean sprouts
2 Tbsp vegetable oil
2 cloves garlic
1 cm ginger
2 Tbsp light soy sauce
1/4 cup water
1 tsp sugar
salt

What to do

it is important that all vegetables are prepared before cooking starts

1. Trim root and green end of spring onions or leek, wash any dirt off. Slice thinly.
2. Peel carrot. Quarter carrot then cut into 3mm slices and then into matchstick size.
3. Rinse leafy vegetables such as silver beet, bok choy, kale, borage. Pat dry with tea towel. Remove stem ends from silver beet and kale and shred the leaves.
4. Cut the bok choy, borage and wombok into 1cm strips.
5. Slice the snowpeas diagonally into 4 pieces.
6. Peel and finely chop the garlic and ginger.
7. Place the wok on the stove over the wok burner on medium-high heat.
8. Add the ginger, garlic and leek or onions and cook for about 2 minutes until the leeks/onions start to soften,
9. Add the carrot sticks. Turn vegetables over regularly to cook evenly.
10. Add the cabbage or wombok and cook for about 2 minutes.
11. Add the kale and silverbeet.
12. Add the bok choy, snow peas and beans sprouts.
13. Add the soy. Sprinkle over 1 teaspoon sugar and add the water. Mix well. Put the lid on the wok and leave to cook for 2 minutes. Check seasoning. Add a sprinkle of salt if needed.
14. Spoon into serving bowls.