

Vegetable Stir Fry

By Food & Nutrition from Public Health Jersey



Food Labelling...

EU Label values per 100g

Serves 4

	PER 100G	%RI	PER 359G SERVING	%RI
Energy(Kj)	512 kJ	6%	1840 kJ	22%
Energy(kcal)	122 kcal	6%	439 kcal	22%
Fat	4.6 g	7%	17 g	24%
of which saturates	0.6 g	3%	2.3 g	12%
Carbohydrate	13 g	5%	48 g	18%
of which sugars	4.6 g	5%	16 g	18%
Fibre	3.3 g	13%	12 g	48%
Protein	5.1 g	10%	18 g	36%
Salt	0.23 g	4%	0.83 g	14%

CONTAINS:



WHEAT



SESAME



SOYA

Recipe Ingredients ...

	Quantity:	Description:
Rice, brown, wholegrain, boiled in unsalted water..	213g	1.33x Medium portion
Onions, red, raw..	100g	0.85 small onion
Ginger, fresh..	20g	4x Average Portion
Broccoli, green, raw..	200g	4x Small portion
Peppers, bell, raw, mixed..	200g	4.44x in a wrap/sandwich
Carrots, old, raw..	134g	2 NHS serving (1 medium carrot)
Mangetout..	130g	0.87 Pack
Spring onions, bulbs and tops, raw..	44g	4x Average Portion
Peppers, capsicum, chilli, red, raw..	20g	1 average pepper
Cumin powder..	1g	1/2 teaspoon
Soy sauce, reduced salt/sodium..	18g	1 tablespoon
Oil, rapeseed..	12.6g	1 tablespoon

Pineapple, canned in juice, whole contents..	188g	4 ring slice with juice
Mixed beans, canned, drained..	330g	2.2 cup
Mixed seeds..	100g	1 Serving

Cooking Instructions & Notes

1. Cook the wholemeal rice following the instructions on the bag.
2. Peel two carrots and finely slice in julienne. Julienne the peppers, peel and finely dice the ginger, peel and finely slice the onion. Wash the broccoli and mangetout peas, finely chop the chilli. Open the pineapple chunks, drain and keep the liquid. To the liquid, soya sauce, reduce salt.
3. In a wok, add rapeseed oil, stir fry the broccoli first, add the rest of vegetables, stir fry keeping the vegetables crunchy.
4. Add black eyed beans or kidney beans or mixed beans.
5. Combine all the ingredients.
6. Add the soy sauce mix, stirring in.
7. Add the chopped spring onions and the mixed seeds
8. Serve immediately with the cooked drained rice on the side.