

Stir Fry Vegetables – a main meal or a side dish



Ingredients (Just suggestions. Add whatever you like)

Red onion

Red pepper

Yellow pepper

Green pepper

Green beans

Method

- 1) Chop all vegetables into similar sized cubes, or for the beans, into bite sized sticks
- 2) Heat a little oil in a wok or large frying pan
- 3) Add the vegetables and gently fry over a medium heat until slightly softened
- 4) For additional flavour, add a little chopped garlic, black pepper or a spoon of sweet chilli sauce.
- 5) Serve with a main meal or use as a side dish
- 6) To make it into a main meal, add chopped cooked pork, chicken or a vegetarian substitute.

Green peppers are bitter. They are the unripe state of red peppers which are sweeter in flavour. Once ripe and red, they can be used more in raw foods eg salads. Yellow and orange peppers are different varieties, grown to be sweeter

Healthy Eating Tip: Peppers come in all colours and sizes – green, orange, yellow and red. They are full of nutrition offering excellent sources of vitamins. Some are hot to eat and others sweet. The spicier ones are great for giving a kick to bland food. You can get them fresh, frozen, dried or canned, so it's easy to always have some in stock.