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| **Honey and Soy Vegetable Stir Fry** |

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| **Makes** | 30 tastes in the classroom | **From the**  **garden:** | Capsicum, snow peas, carrots. Onions, bok choy |

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| **Equipment** | **Ingredients** |

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| * Measuring cups and spoons * Non slip mat * Chopping board * 2x cooks knives * Colander * Wok with lid * Spatula * Serving platter * Vegetable peeler | * 1 bunch Bok Choy * Snow Peas * Red Capsicum * Onion * Carrot * Water chestnuts * 1 tablespoon olive oilnuts * Broccolini * ¼ cup water * 1 teaspoon black sesame seeds * 1 teaspoon white sesame seeds   **Sauce**   * 1 tale spoon soy sauce. * 2 table spoon corn flour * 1 tablespoon honey * 2 tablespoons water |

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| **What to do** |

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| 1. Wash and separate bok choy. Cut into mid sized pieces. Top and tail snow peas, cut larger peas in half on the diagonal. Drain water chestnuts. 2. Peel and grate carrot, cut carrot and capsicum into straws. 3. Cut broccolini into thirds, . Cut onion in half and thinly slice. 4. In a jug mix together sauce ingredients and set aside. 5. Heat 1 tablespoon oil in wok over high heat, add onion and carrot and quickly fry off for 2 minutes. 6. Add capsicum, snow peas water chestnuts , bok choy and broccolini. 7. Gently stir to combine, add ¼ cup water and place lid on wok and steam for 3-4 minutes, until all vegetables are heated through. 8. Stir again to evenly combine, Add prepared sauce and gently toss until all vegetables are coated. 9. Place onto serving platter and sprinkle with black and white sesame seeds. ENJOY! |