



STIR-FRY CHICKEN & VEGETABLES

INGREDIENTS - Serves 4 people

400g stir-fry chicken (or boneless chicken thigh or breast fillets sliced thinly)
1 teaspoon minced garlic
1 teaspoon minced ginger
1/4 cup Wattie's® Asian Soy Sauce
1 tablespoon Wattie's® Asian Oyster Sauce

1 tablespoon honey
1 – 2 teaspoons oil
1 teaspoon cornflour
1/4 cup water
3 cups prepared fresh or frozen vegetables

METHOD

1. Place the stir-fry chicken in a bowl. Add the garlic, ginger, soy sauce, oyster sauce and honey. Toss to coat the chicken with the mixture. Cover the bowl with plastic wrap. Refrigerate the chicken mixture for 15 minutes.
2. Drain the chicken, reserving the marinade. Add the cornflour and water to the marinade and set aside.
3. Heat a wok or frying pan with oil until hot. Add the chicken to the pan and stir-fry for 2 – 3 minutes or until just cooked. Remove the chicken and set aside.
4. Heat a little extra oil in the pan. Add the fresh or frozen vegetables. Stir and toss over a high heat for 2 – 3 minutes.
5. Return the chicken to the pan. Add the marinade mixture. Stir and toss until the vegetables are tender and sauce has thickened. If you want to, add a little more water to make more sauce.
6. Serve over cooked rice or noodles.

TIP - When preparing ingredients for stir-frying it is important that they are sliced into thin, even-sized pieces. That way they cook quickly and everything will be cooked at the same time.

RECIPE VARIATIONS

1. Use sliced beef, pork or chicken for this dish.
2. For a special treat, sprinkle a few cashew nuts over the stir-fry before serving.
3. Experiment with a wide range of your favourite fresh and frozen vegetables and aim to include lots of different colours.



UNDERSTANDING INGREDIENTS

Rice varieties

- For Project Cook's Stir-fry chicken and vegetables you should use long grain rice, but there are many different types of rice and some dishes require a specific variety.
 - Risotto needs **Arborio Rice** – the starchy outer of the grain melts away to thicken the risotto.
 - **Basmati Rice** is a fragrant variety used for Indian dishes.
 - **Sushi Rice** is a sticky starchy short grain variety.
 - **Jasmine Rice** is used for Asian meals.
 - **Wild Rice** isn't really rice at all, but the dark seed from a special grass. It requires long cooking and is generally served mixed with white rice.



FOOD CHEMISTRY

Marinating

- **Marinating** is used to provide flavour.
 - It involves leaving meat or fish in a combination of liquid ingredients and other flavours like herbs and spices.
- Poultry and fish don't have to be marinated for as long as other meats.
- A good tip is to put all the ingredients in a snap-lock bag – this makes it easier to coat the meat.
- Meat marinated with sugars or honey must be cooked at a lower temperature otherwise the sugar will burn before the meat is cooked.

COOKING TECHNIQUES

Cooking rice

- For 4 servings you need to cook one cup of raw rice, this will produce 3 – 4 cups of cooked rice.
- Boiling water method:
 1. Add the rice evenly to 2 – 3 litres of boiling water in a large saucepan.
 2. Add 2 – 3 teaspoons of salt if you wish. Stir well.
 3. Boil uncovered for 12 – 15 minutes. Stir occasionally.
 4. Drain into a colander or sieve, rinse with hot water and drain thoroughly.
- Absorption method:
 1. Place the rice in a heavy-based saucepan, add 2 cups of boiling water for each cup of rice.
 2. Add $\frac{1}{2}$ - 1 teaspoon of salt if you wish.
 3. Bring the mixture to boiling point, cover the pan and cook over a very low heat for 15 – 20 minutes.
- Microwave:
 1. Place the rice in a large microwave-safe jug.
 2. Add 2 cups of boiling water for each cup of rice.
 3. Add $\frac{1}{2}$ - 1 teaspoon of salt if you wish.
 4. Cook the rice, uncovered, on high (100%) power for approximately 10 minutes.
- To tell if rice is cooked, carefully remove a few grains of rice and press with your fingers.
 - They are cooked when they are tender and squash easily.

NUTRITION FACTS

- Vegetables contain lots of vitamins, minerals and antioxidants – all of which are important for good health.
- There are some really easy things you can do to make sure your vegetables have as many nutrients as possible when you use them in cooking.
 - Storage of fruit and vegetables is important. Make sure that cans are kept in a cool dry place and that fresh produce is either kept in the refrigerator or at room temperature, not in direct sunlight.
 - Keep bags of vegetables in the freezer – they are quick and easy to add to stir-fries and casseroles and add variety and colour to meals.

What food groups does a typical stir-fry meal provide?

1. _____ 2. _____
3. _____