

Let's Talk Food Literacy

Savoury Stir Fry

Makes 4 servings

Ingredients

Protein Foods:

- 12 ounces firm tofu OR 454g boneless meat (e.g. chicken, pork, beef) OR 19oz can beans (e.g. Black, Kidney)
- ¼ cup almonds, peanuts or cashews (optional)

Vegetables:

- 4 cloves garlic
- 1 small piece fresh ginger
- 1 onion
- 1 carrot
- 1 rib celery
- 2 green onions

Add some more! Examples:

- ½ cup broccoli
- 4 bok choy
- 1 cup cabbage
- 1 cup corn
- 1 pepper
- 1 zucchini

Other:

- 3 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 1 tsp brown sugar
- ¼ tsp sesame oil (optional)
- ½ cup water or chicken stock
- 1 ½ Tbsp cornstarch
- 2 Tbsp vegetable oil
- 400g dried noodles or 1 cup dried rice. See package for instructions.



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Tips and Tricks:

- ➡ **Wash hands** with soap and warm water for 20 seconds, before, during and after preparing food.
- ➡ **Adapt this recipe** to your family's taste.
- ➡ **Frozen and canned** vegetables work well.
- ➡ **Refrigerate leftovers** promptly, for up to 3 days.
- ➡ **Use a *calibrated* thermometer** to see if meat is cooked to 74°C (or 165°F). *How do I calibrate?* Fill cup with ice, add water. Insert thermometer. Adjust the dial to read 0° (32°F).

Directions

Watch the how-to video! youtu.be/AhHU8KpTcFE

1. **Make the sauce:** Rinse, peel and chop garlic and ginger into small pieces. Combine ½ the garlic, 1 tsp ginger, soy sauce, rice vinegar, brown sugar and sesame oil.
2. Cut tofu or meat into strips. Put in a bowl. Pour in half the sauce, mix and cover refrigerate 20-60 minutes.
3. *If using **tofu**, turn oven on to 400° F. Put tofu on a baking sheet. When oven is ready, bake for 15 minutes.*
4. In a cup, mix cornstarch with water (or stock). Add the other half of the sauce. Mix.
5. Rinse vegetables under cool running water. Peel and slice vegetables.
6. In a frying pan, add 1 Tbsp of vegetable oil and heat on MEDIUM. Add remaining garlic and ginger. Wait 1 minute, then remove garlic and ginger from oil. (you can toss this garlic and ginger or add back at the end)
7. *If using **meat**, add raw strips of meat to pan. Meat is ready when it reaches 74°C (or 165°F) or when you no longer see pink. Juices will be clear and meat will be firm. Remove meat from pan and put on a clean plate.*
8. Add onions, carrots, and celery to the pan. Stir. Add other vegetables. Stir. Cook for about 5 minutes.
9. Add the cooked tofu OR meat OR raw beans (if using). Add rest of the sauce. Stir until sauce thickens.
10. Slice green onion into small pieces. Sprinkle on nuts and green onions. Serve with noodles or rice.