

A QUICK AND HEALTHY VEGETABLE RECIPE. Chinese stir fried vegetables are a simple stir fry recipe with assorted vegetables which are cut into juliennes or strips and then stir fried with Chinese sauces.

CHINESE STIR-FRIED VEGETABLES

“**T**here is no diet that will do what healthy eating does.

SERVES 4 • **PREP TIME 20 MINUTES** • **TOTAL TIME: 40 MINUTES**

-) 4 onion, sliced
-) 8 spring onions, chopped
-) 3 cups shredded cabbage
-) 2 capsicum, sliced
-) 4 tomato, sliced
-) 8 tbsp grated carrots
-) 8 tbsp bean sprouts
-) pinch of baking powder
-) a pinch of Cape Crystal citric acid
-) 8 tsp soy sauce
-) 8 tsp ginger water
-) 4 tsp chili-garlic paste
-) 8 tsp chilies In vinegar
-) 4 tbsp oil
-) salt to taste

STEP 1: Heat the oil on a large wok on a high flame.

STEP 2: Add the onion, vegetables, baking powder and citric acid and stir for a while.

STEP 3: Add the soy sauce, ginger water, chili garlic paste, chilies in vinegar and salt and mix well.

STEP 4: For the ginger water:

Grate 12mm piece of ginger, add ¼ cup of water and set aside for 1/2 hour.

STEP 5: For the chili garlic paste:

Grind 5 to 6 garlic cloves with 5 red chilies and 1/4 cup of water.

STEP 6: For the chilies in vinegar:

Cut 3 to 4 green chilies and add to 1/2 cup of white vinegar.



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A delicious and healthy dish using a variety of vegetables.