



## VEGETABLE STIR FRY WITH TERIYAKI SAUCE

<b>Season:</b>	<b>Summer</b>
<b>From the garden:</b>	<b>Courgette, beans, carrots, cabbage, kale</b>
<b>Type:</b>	<b>Main</b>
<b>Difficulty:</b>	<b>Easy</b>
<b>Country of origin:</b>	<b>China, japan</b>
<b>Serves:</b>	<b>6 serves or 30 tastes</b>
<b>Source:</b>	<b>Annabel Langbein</b>

### Equipment

- \*chopping board and knives**
- \*colander**
- \*bowls**
- \*frying pan or wok**
- \*wooden spoon**
- \*measuring cup and spoons**
- \*grater**
- \*microwave safe bowl**

- \*small saucepan**
- \*wooden spoon**
- \*measuring cup and spoons**
- \*grater**

### Ingredients

- \*2 small courgettes**
- \*few handfuls of green or yellow beans**
- \*2 med. carrots**
- \*1/2 cabbage-red or green**
- \*handful of leafy greens, like kale or spinach**
- \*1/2 cup of sunflower or sesame seeds**
- \*1 small red onion**
- \*1 tbsp grated ginger**

### For the teriyaki sauce:

- \*1/4 cup soy sauce**
- \*1/4 cup rice wine vinegar**
- \*1 tbsp grated ginger**
- \*1 tbsp sugar**

**\*1 tsp sesame oil**

**\*1 tsp cornflour**

## **Method**

**1. wash vegetables**

**2. cut vegetables into even bit-sized pieces. (Parent help might be required for hard veggies, like carrot)**

**3. microwave the carrots and beans for a few minutes with a little bit of water to soften**

**4. chop the onion and grate the ginger**

**5. heat some oil in a frying pan and fry the onions and vegetables in patches until cooked and lightly browned. The pan has to be very hot, so that job should be done by an adult**

**6. toast the sunflower or sesame seeds in a dry frying pan until lightly browned**

**7. for the sauce, add all the ingredients into a saucepan and heat. Simmer for a few minutes until the sauce thickens a bit. If not thick enough, mix 1 tsp of cornflour with a little bit of water and add into sauce, bring to the boil**

**8. mix the fried vegetables with the sauce and scatter with the seeds**

**9. serve with cooked rice or noodles**

**Notes:**

**Skills: measuring, *mixing*, *chopping***