



## VEGETABLE STIR FRY WITH TERIYAKI SAUCE

<b>Season:</b>	<b>Any time</b>
<b>From the garden:</b>	<b>Kale, spinach, carrots, leeks, coriander, capsicum and beans (frozen)</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>Andrea Habacht, Gtt kitchen specialist, Oropi school</b>

### Equipment

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

### Ingredients

- \*2 medium leeks
  - \*2 cups frozen beans
  - \*2 med. carrots
  - \*2 cups chopped, frozen capsicum
  - \* big handful of leafy greens, like kale or spinach
  - \* 2 tbsp of toasted sunflower or sesame seeds
  - \*2 cloves of garlic
  - \*1 tbsp grated ginger
- For the teriyaki sauce:**
- \*1/4 cup soy sauce

**\*wooden spoon**

**\*measuring cup and spoons**

**\*grater**

**\* $\frac{1}{8}$  cup mirin**

**\*1 tsp grated ginger**

**\*2 tbsp sweet chilli sauce**

**\*1 tsp sesame oil**

**\*1 tsp cornflour**

## **Method**

**1. wash vegetables**

**2. cut the carrots into even sized small pieces and the leeks into 1 cm wide rings**

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

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

**5. slice the greens**

**6. heat a little oil in a frying pan and fry the defrosted capsicum and beans, leeks and carrots until lightly browned. Do that in batches to make sure the pan stays hot**

**7. add a bit more oil to the pan and cook the garlic, ginger and greens for a few more minutes**

**8. for the sauce, add all the ingredients into a saucepan and heat. Simmer for a few minutes**

**9. mix the cornflour with a little bit of water, add to the sauce and simmer until the sauce thickens**

**10. mix the fried vegetables with the sauce and scatter over the seeds**

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

**Skills: measuring, *mixing, chopping, grating, frying***