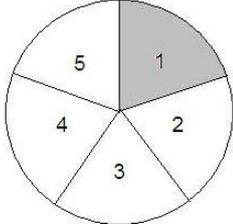


# Asian Vegetable Stir Fry

Serves 6-8

Portions of fruit & vegetables per serving: 1



Hob needed



Ingredients	Amount	Preparation
potato	1 medium	chopped into small sticks
vegetable oil	¼ teaspoon	
onion	1 medium	finely chopped
garlic	2 cloves	finely crushed
green chilli peppers	2 large	chopped finely
chilli powder	¼ teaspoon	
ground cumin	¼ teaspoon	
okra	250g (9oz)	chopped in rings
sweet peppers, different colours	2	cut into small sticks
aubergine	1 large	cut into small sticks
fresh or frozen peas	100g (4oz)	
fresh coriander	few leaves	

**Please Turn Over**



## Method

- 1 Place the potatoes in a saucepan and cover with boiling water, cook for 5 minutes until starting to soften. Drain the potatoes.
- 2 Heat the oil in a wok, add the onions and fry until they are light brown.
- 3 Add the garlic, green chilli peppers, chilli powder and ground cumin, stir together and cook for 1 minute.
- 4 Add the okra, sweet peppers, aubergine, peas and cooked potatoes and mix well. Cook for 6-10 minutes stirring all the time, until all the vegetables are just starting to soften.
- 5 Add the fresh coriander leaves and cook for a couple more minutes. Serve.

95 calories		Per serving
<b>Fat</b>	LOW	1.5g
<b>Saturates</b>	LOW	0.3g
<b>Sugars</b>	LOW	4.7g
<b>Salt</b>	LOW	0.3g

■ HIGH
 ■ MEDIUM
 ■ LOW

## Handy Hints

- Using a wok is traditional for this type of dish, but it can be done in a normal saucepan.
- Experiment with different vegetables.
- The key is to cook the vegetables for a short time, so that they stay crunchy – this way they keep more vitamins than vegetables which have been cooked for a long time.
- This is great served with rice or noodles or as a vegetable side dish.

