



WOK-TOSSED VEGETABLES WITH CHICKEN

SERVES 4

Ingredients

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| 400g chicken breasts thinly sliced or tofu chopped into medium pieces | 1 large handful snow peas (or green beans) |
| 1 tbsp extra virgin olive oil | 1 capsicum, chopped |
| 3 cloves garlic, finely chopped | 1-2 hot chillis (optional) |
| 1.5 bunches of Chinese broccoli (or broccolini or bok choy) chopped into 3cm pieces | Large handful garlic chives chopped (optional) |
| 2 carrots, sliced thinly | Two brown onions chopped (or 4 spring onions) |
| | 2 tsp salt reduced soy sauce |
| | 2 tsp salt reduced oyster sauce |
| | Freshly ground pepper |

Method

1. Prepare ingredients.
2. Heat half of the oil in wok. Add chicken and cook for 3-5 minutes.
3. Remove chicken from wok and place aside in bowl.
4. Heat remaining oil in wok and add garlic, onion and cook for 40 seconds.
5. Toss in Chinese broccoli, carrots, snow peas, capsicum, garlic chives and cook for 2 minutes.
6. Add soy and oyster sauce, 1 tbsp water, pepper and cooked chicken and stir-fry for 1 minute.
7. Serve with brown rice or basmati (1 cup per person).

Variations

Add pumpkin, mushrooms, canned corn or a frozen packet of veggies. Add any of your favourite vegetables or whatever you can find in the fridge or freezer. Try using fish sauce and sesame oil instead of soy and oyster sauce.



TIP
1/3 cup dry rice, makes 1 cup steamed rice

MEXICAN CHILLI BEEF AND BEANS

SERVES 4

Ingredients

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| 1 large onion, finely chopped | 150g green beans |
| 2 small carrots, diced | 400g can red kidney beans (reduced salt) rinsed and drained |
| 1 zucchini, chopped | 4 cups steamed basmati or brown rice |
| 4 tomatoes, roughly chopped (or 400g canned diced tomatoes) | 400g lean beef mince (raw weight) |
| 2 tsp ground cumin | 125ml (1/2 cup) water |
| 2 tsp sweet paprika | 2 tsp extra virgin olive oil |
| 2 garlic cloves, chopped finely or crushed | Fresh coriander leaves to serve |
| 1-2 small hot chillis chopped finely | |

Method

1. Prepare ingredients.
2. Boil water for rice and cook as per packet instructions.
3. Heat the oil in fry pan on medium and add the onion and carrot and cook stirring for 5 minutes, or until softened.
4. Add the garlic, cumin, chili and paprika and cook for 30 seconds or until fragrant.
5. Add the mince and cook, breaking it up with a wooden spoon for 4-5 minutes or until browned.
6. Add the tomatoes, kidney beans and 1/2 cup water and bring to the boil.
7. Reduce heat to low and simmer for 10 minutes. Add zucchini and beans and simmer for 5 minutes or until vegetables are tender. Season with pepper.
8. Serve beef mixture with the steamed rice, topped with coriander.

Variations

Add fresh or frozen corn kernels or frozen peas. Use four-bean mix, brown lentils or chickpeas (instead of kidney beans). Add chopped parsley (instead of coriander). Serve with a dollop of natural low fat yoghurt.



TIP
This dish also makes a delicious filling for tacos or burritos. Top with salad and reduced fat sour cream or natural yoghurt.