The simplest way
...to serve dinner in a flash.

A stir fry is a quick and easy dinner, perfect on school nights for busy families.

And it includes a range of colourful, healthy vegetables.

Pick and choose your favourite combination of sliced fresh veg – capsicum, zucchini, sugar snap peas, green beans, bok choy, celery, mushroom, onion, carrot and cabbage work well. Go vegetarian, or add sliced lean chicken, pork or beef.

Mix 2 tsp reduced salt soy sauce, 1 tbsp honey, 3 tbsp water and 2 tsp cornflour in a jug for the sauce.

Prepare noodles according to packet directions.

Cook veg in a hot pan or wok, add sauce and stir to thicken. Remove from heat and serve over noodles.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

NSW Government Health Western Sydney Local Health District