

DINNER

VEGETABLE STIR-FRY WITH TERIYAKI SAUCE



SHOPPING LIST:

- 1 broccoli
- 2 carrots
- 1 courgette
- 1 red pepper
- 1 red onion
- 5 mushrooms
- 1tsp. grated ginger
- 3 finely chopped garlic cloves.
- 1tsp. lemon juice
- 1tsp. sweet chili sauce
- 1tsp. soy sauce (choose low salt/sodium).
- 1tsp. teriyaki sauce.
- 4 handfuls brown rice
- 1tbsp. olive oil.

COSTINGS: *£2.88 per meal

NUTRITIONAL

INFORMATION:

Calories: 180 |
Carbohydrates: 19g |
Protein: 7.3g | Fat: 7.6g |
Saturated Fat: 1.3g | Salt:
0.54g | Fibre: 5.1g | Sugar:
8.3g
Experiment with any
vegetables and sauce mix!
Vegetables contribute to your
5-a-day, adding antioxidants,
like folate, beta-carotene,
potassium, and magnesium.
Rice is a source of
carbohydrates and vitamins
including phosphorus.

Preparation time:	Cook time:	Servings:
10 mins	20 mins	3

DIRECTIONS:

  		
1. Finely chop the broccoli, carrots, courgette, red pepper, onion, mushrooms and garlic. Also measure sauces.	2. Add in your soy sauce, sweet chili sauce, teriyaki sauce and lemon juice. Mix until combined.	3. Fry your ginger, onion and garlic first, adding in broccoli and carrots. Then pepper, mushrooms, and courgette. Fry until soft.
		
4. Cover rice with hot water and add a lid to the saucepan. Cook rice for 20 minutes till soft and fluffy.	5. Pour your sauce on the vegetables, mixing well. When ready, serve and enjoy. Tip - Add in a source of protein from chicken, prawns, seafood, and tofu.	Top Tip - Add in a source of protein from chicken, prawns, seafood, and tofu.