



**Go for 2&5**  
FRUIT VEG

# Get the edge with fruit & veg

It's recommended that adults eat at least two serves of fruit & five serves of veg every day. Eating more fruit and vegetables helps to prevent overweight and obesity, heart disease, some forms of cancer and can also improve control of diabetes.

## Chicken and Veggie Stir-fry

20 minutes preparation + 10 minutes cooking  
9 serves of vegies in this recipe

- 2 cups rice
- 1 teaspoon vegetable oil
- 250g chicken breast, skin removed and cut into
- 1-2 cloves garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, thinly sliced
- 1 stick celery, sliced
- 1 red capsicum, seeded and diced
- 125g snow peas, ends and strings removed
- 1 bunch bok choy, or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced-salt soy sauce
- ½ cup chicken stock
- 1 tablespoon sweet chilli sauce



Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through. Serve with rice. Serves 4.

### Variation

Use lean pork loin instead of chicken. Try noodles instead of rice. Try reduced-salt chicken stock.

Sample this recipe at the Go for 2&5® Taste Test  
**Belconnen Fresh Food Markets**  
Thursday, 30 April 2009, 12.30am - 2.00pm



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