

# 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](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)**

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