



MINISTRY OF FOOD AUSTRALIA

ALL-ROUNDER STIR FRY



Make sure you've prepared all your ingredients before you start – stir-frying is a very quick method of cooking and once you get going you won't have time to chop up ingredients. Make this dish a bit more substantial by adding a meat of your choice – I've given you a few options to choose from below.

Serves 4

Ingredients

2 cloves of garlic
a thumb-sized piece of fresh ginger
1 fresh red chilli
1 large red capsicum
a bunch of fresh coriander
6 spring onions
½ savoy cabbage
2 carrots
2 limes
Peanut oil
2 tablespoons of low-salt soy sauce
1 teaspoon sesame oil

Choose 1 of the following proteins:

- 400g sirloin or rump steak
- 400g pork fillet
- 2 x 200g free-range skinless chicken breasts

Equipment list:

- Knife
- 2 chopping boards
- Speed peeler
- Wok or large heavy-based frying pan
- Wooden spoon
- Tongs
- Measuring spoons
- Plates or serving platter

Jamie's MINISTRY OF FOOD AUSTRALIA

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To prepare the stir-fry:

1. Peel and finely slice the garlic and ginger, then deseed and finely slice the chilli and capsicum.
2. Pick and roughly chop the coriander leaves, and finely chop the stalks. Trim and finely slice the spring onions and shred the cabbage.
3. Use a speed peeler to peel the carrots into long ribbons. Cut 1 lime in half and put aside.
4. On a clean chopping board, slice the meat of your choice into finger-sized strips, remembering to trim off any excess fat from the steak or pork.

To cook the stir-fry:

5. Place a wok or a large heavy-based frying pan on a high heat. Once the pan is screaming hot, add a good lug of peanut oil and swirl it around.
6. Add the meat, garlic, ginger, coriander stalks and chilli to the wok. Cook for a minute or so, keeping everything moving around the pan. Add the rest of the vegetables and stir-fry for a further 2 to 3 minutes, until the veg have softened slightly and the meat is cooked through.



7. Add the soy sauce and sesame oil to the wok and squeeze in the juice of half a lime. Toss for around 30 seconds, or until everything is well coated, then take off the heat.

To serve the stir-fry:

8. Divide between your plates, or place on a large serving platter with fluffy rice or noodles.
9. Scatter with the reserved coriander leaves, cut the remaining limes into wedges and serve on the side for squeezing over.

JAMIE'S TIPS

Stir frying is a simple technique to pick up and once you know what you are doing, it's really easy to swap and change ingredients to whatever you fancy.

- Make sure your wok is smoking hot before you start cooking. If you don't have a wok, don't worry you can always use a large heavy-based pan instead.
- Always remember to keep the food moving so it doesn't burn. It's really important to shake, stir and toss the food in the wok. Don't be afraid to have a crack.

- Do not overcrowd the pan. If you have too many ingredients in the pan, you'll end up stewing them, instead of stir-frying. This may mean you need to cook in batches if you're cooking for more than two.

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