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Group Members		Absent on Lab day?
☺- Lab Leader		

Vegetable Stir-Fry

Ingredients:

VEGETABLES:

3T cooking oil

1/4 onion, cut in thin slices

1 med carrot, peeled & cut julienne style

1/2 green pepper, sliced into 2 inch lengths

1/2 cup broccoli, broken into small florets, cleaned, and cut

1/2 zucchini, julienne

2 small mushrooms, sliced

1-2 cloves garlic, minced

SAUCE:

1/4 C cold water

1 T cornstarch

1/4 C soy sauce

1 T sugar

1/2 t pepper

Read through the directions/ingredients and:

CIRCLE all of the equipment needed

UNDERLINE all of the cooking techniques

RICE:

1 C. Minute Premium instant rice

1 C. water

Directions:

1. Prepare vegetables as stated above. (Be sure to rinse all your vegetables before cutting!)
Teacher sign off for checking vegetable cutting technique: _____
2. In a small bowl, blend water into cornstarch; stir in soy sauce, sugar and pepper. Set aside
3. For rice, bring water to a boil. Stir in rice; cover pan and remove from heat. Let stand for 5 minutes or until water is absorbed. Fluff with fork.
4. In the meantime, prepare a large skillet/wok over medium heat; add cooking oil. Stir-fry onion for 3 minutes. Add carrots, green peppers, broccoli, zucchini, and mushrooms; stir-fry 5 minutes or until vegetables are crisp-tender. Add garlic and sauté for 2 more minutes. Add soy mixture; stir into vegetables. Cook and stir 3-4 minutes or until thickened and bubbly. Serve hot over cooked rice.