



Red Capsicum & Bok Choy Stir-fry

INGREDIENTS:

- 3 red capsicums
- 1-2 zucchinis
- 2 bunches bok choy
- 2 cloves garlic
- 1 small chilli, deseeded and chopped finely
- 1 tbsp canola oil

Sauce:

- 2 tbsp soy sauce
- 2 tbsp sesame oil
- 1 tbsp honey
- ¼ tsp black pepper
 - Mix all together in a small bowl with a whisk



METHOD:

1. Wash the capsicums. Cut them in half lengthways and remove all the seeds (stand over the scraps bucket.) cut the capsicum into long strips 1cm wide. Place in a medium bowl
2. Separate each bok choy leaf and wash well. Place in a bowl
3. Wash zucchini and slice horizontally. Place in another bowl
4. Pick 2 spring onions, peel off outer layer, wash and remove roots. Slice whole onion horizontally
5. Peel garlic and slice thinly. Prepare the chilli
6. Turn wok to high heat and add the canola oil. When it is hot carefully add the garlic, stirring immediately.
7. Add the capsicum, onion and chilli, tossing well
8. After 2 minutes add the zucchini. Toss well
9. Add the bok choy, toss until vegetables are just cooked but not soggy
10. Add sauce. Toss well. Can be served with choice of rice or noodles.