

Ingredients - Serves 20 portions

- 2 tbsp vegetable oil (e.g. canola or rice bran oil)
- 2 cloves garlic, crushed
- 4 tbsp of ginger
- 1 kg chicken or pork mince
- 2kg frozen vegetable mix (carrot, peas and corn)
- 5 cups cooked rice
- 4 tablespoons reduced salt soy sauce
- 4 spring onions, thinly sliced
- 2 cups bean sprouts, washed and chopped into small pieces



Method:

1. Heat oil in a large fry-pan and fry the garlic and ginger over a low – medium heat for 5 minutes until soft.
2. Add mince and stir-fry until cooked.
3. Add vegetables and stir- fry for approximately 5 minutes.
4. Add rice and soy sauce and toss to coat. Stir– fry for approximately 2-5 minutes until all ingredients are hot.
5. Stir through spring onion and bean sprouts.

Tips

- For a vegetarian option use tofu instead of chicken
- You can make it egg free by removing the egg
- For a gluten free option use Tamari sauce instead of soy sauce

Food Group	Serves provided per portion
Vegetables	1.5 serves
Grains (cereal) foods	0.5 serves
Lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans	0.5 serves