

A low salt option is the healthy choice

Some brands of soy sauce can be high in salt, Kikkoman 43% less salt soy sauce is a healthier option when addressing salt levels in Asian style stir-fry. We only need about 920-1600mg (about ¼ teaspoon) of salt a day in our diet. Many of us get much more salt than this from the foods we eat. It's good to remember that a lot of different processed foods can also be very high in salt. Ideally it is best to try and keep salt at a minimum with food preparation as this can assist with avoiding high blood pressure and heart disease. If you think you put too much salt with your food, try to slowly bring down the amount of salt you use until you are at the daily recommend amount.



Chicken or beef and vegetable stir-fry

Ingredients

Good oil e.g. canola or soybean	3 tablespoons
Skinless chicken breast or lean beef	600 grams (1½ cups)
Onions - sliced	1 large
Garlic - chopped	2 teaspoon or four cloves
Ginger - chopped	2 teaspoon
Celery, mushrooms, broccoli, cauliflower, capsicum, carrots, courgettes, cabbage - all chopped	5 cups of the mix vegetables
(Or frozen stir-fry vegetables mixture)	5 cups)
Egg noodles 98% fat free	2 nests
Sesame oil	3 teaspoons
Kikkoman 43% less salt soy sauce	8 tablespoons
Honey	2 tablespoons (optional)

Method for preparation

1. Take fat and skin off chicken or fat off beef then cut into stir-fry slices
2. Then wash down chopping board thoroughly
3. Slice onions
4. Peel and chop ginger and garlic
5. Cut and slice all the vegetables into bite size pieces
6. Boil jug then pour boiling water over noodles and leave to soak for ten minutes, then drain and cool under cold water, then drain again
7. Place carrots and cauliflower into boiling water for two minute then add broccoli and cook for one more minute, then drain and cool under cold water, then drain again

Method for cooking

For best results cook the stir-fry in two batches this will retain more heat in the pan stopping the stir-fry from stewing.

1. Heat oil in a hot frying pan
2. Cook chicken for 2 minutes or beef for 30 seconds on hot heat
3. Add onions then garlic and cook for 1 minute mixing well
4. Add celery, mushrooms and cabbage and cook for 1 minute
5. Add the rest of the vegetables mixing well
6. Add noodles and mix well
7. Add the soy sauce, honey and sesame oil and mix well for another 2 minutes

Tip!

To cook vegetables such as carrots and cauliflower before stir-frying, place in a pot and pour over boiling water from the jug, then place on the stove for 3 mins. Broccoli however only needs 1 min in the boiling water. Then drain and cool quickly under cold water. This preparation is called blanching.

Tip!

Blanching and steaming vegetables retains more colour, vitamins, minerals, and flavour. If you place vegetables in cold water and then boil for several minutes you will lose a lot of the goodness to the water.