

**GF Friendly**

**Braised Vegetables**

**Chinese-style vegetables in a sweet sauce**

You'll need 500g prepared mixed vegetables of your choosing. Here are some suggestions: coarsely-chopped brown onion; sliced spring onion; sliced celery; sliced carrot; green or red capsicum cut in 3cm pieces; sliced mushroom; sliced green beans and snap peas. Coarsely chopped tomato and zucchini (courgette) can be used, but don't overcook. You could also try Swede, turnip, parsnip, radish, sweet potato and pumpkin.

- 2 Tbsps olive oil
- 1 tsp sesame oil
- 1 Tbsp oyster sauce
- 1 Tbsp soy sauce
- OR try any other sauce(s) you fancy like: Worcestershire, BBQ, ketchup, plum, etc.
- 1 tsp minced garlic (or 1 clove crushed)
- 1 tsp minced ginger
- ½ cup (125ml) hot water
- 2 tps cornflour (starch) mixed in 1 Tbsp water



First mix the cornflour and water in a small dish and set aside. I use a wok, but a reasonably deep frypan or skillet would suffice. Heat the olive oil and sesame oil, then fry the garlic and ginger in this for a minute before adding the vegetables. Stir-fry these for a couple of minutes on medium-high. Put in the hot water, the oyster and soy, or whichever sauces you are using, turn the heat down and simmer for 4-5 minutes covered.

Remove the lid and push the contents of the pan to one side. Before adding the blended cornflour, give it a stir in the dish, then add to the liquid in the pan and continue stirring until the sauce thickens. Once it has, turn the vegetables through the sauce to coat.

These can be served on their own, or with meat plus rice or noodles. Also, for an easy one-pan meal, before starting the above recipe, stir-fry some cubed chicken in the pan with a little oil and a knob of butter until lightly brown; then remove and set aside. Once the vegies are done, mix in the chook and stir-fry for a couple of minutes to re-heat.

Serves 3 - 4 as side dish Freezing is okay if the vegies are still crisp

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