



Active Kids Get Cooking - Chinese New Year Resources

Rainbow Stir-fry

This shows three possible variations of the basic recipe – left to right with soy sauce, with sweet and sour sauce, with noodles.



Ingredients	Equipment
1/2 each red, yellow, orange and green pepper	Colander or sieve and plate
50g baby sweetcorn	Chopping board
100g mushrooms	Sharp knife
1 red onion	Small dishes for prepared vegetables
50g mangetout	Wok or large frying pan
1 stick celery	Wooden spoon or tongs
2 small carrots	Measuring jug (if making sauce)
1/4 small red cabbage	Serving dish(es)
15-30ml vegetable oil	
For flavouring – 2 spring onions, 2cm piece fresh ginger and 1 red chilli	
Optional – 30ml soy sauce	
Sweet and sour sauce – see slide 4 and slide 21	

Method

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1. Collect together all equipment and the ingredients chosen.
2. Wash and Prepare all vegetables as described below:- **peppers** de-seed, quarter and then into Julienne strips, **sweetcorn** into rings, **mushrooms** into slices, **red onion** cut off top, slice in half through the root, remove skin, chop off root end, slice thinly lengthways, **celery** top and tail, Julienne strip, **carrots** peel, top and tail, cut into two even sized lengths, Julienne strip, **red cabbage** shred finely, spring onions top and tail, slice into rings, ginger peel and grate, red chilli – top, slice in half lengthways, slice and dice. **Place each vegetable in a separate small bowl.** Keep the spring onions, ginger and chilli separate too.
3. Organise the ingredients into their cooking order, starting with those that are more dense than others, finishing with the softest, most watery ingredients. See PowerPoint slide 17.
4. Heat the oil in the wok or large frying pan, add the flavouring ingredients stir fry for one minute (stir the ingredients all of the time, the large surface area of the pan will then transfer the heat to the foods really quickly).
5. Add the carrot, mangetout and celery Julienne and the sliced corn, stir fry for two minutes.
6. Add the red, green, orange and yellow pepper strips, and the red cabbage, stir fry two minutes.
7. Add the mushrooms, courgettes and beansprouts, stir fry a further two minutes.
8. **Serving suggestions**
 - ❖ Add 30ml of soy sauce to moisten the stir fry OFF the heat. Serve.
 - ❖ Add the sweet and sour sauce as described in the PowerPoint slide 21, serve.
 - ❖ Add either variations of the stir fry above to either two sheets of cooked noodles or 200g cooked long grain rice.
 - ❖ Serve all of the above garnished with spring onion brushes as described in slide 16.
 - ❖ For the adventurous – use the basic stir fry to make the filo pastry shapes described in the PowerPoint slides.





STIR FRY 1	STIR FRY 2
STIR FRY 3	STIR FRY 4

Draw your ideas in a bowl/container, colour and label the ingredients. Try to state what each ingredient does in the dish e.g. adds colour, flavour, texture.

