

Oriental Stir-Fry

Ingredients

- 1 tablespoon sunflower oil
- 1 garlic clove, chopped finely
- 90g/3oz pakchoi, or savoy cabbage, roughly chopped
- 1 red pepper, cut into strips
- 1 cucumber, seeds removed and flesh cut into diagonal strips
- 1 stick of celery, cut into thin strips
- 3 spring onions, cut into diagonal strips
- Stir in sauce (free) i.e lemon and ginger
- 3 tablespoons hot water or stock
- 75g/3oz Loprofin Rice
- Juice of a lime
- 1 tablespoon fresh coriander, roughly chopped
- Salt



Method

1. Cook the rice in a large pan, bring 1 litre of water to the boil, and add 1 tablespoon of salt and the rice, stirring until the water comes back to the boil. Cook for about 8 minutes until tender.
2. Meanwhile heat a wok or sauté pan, add the oil and garlic stirring briskly so the garlic does not burn.
3. Add the vegetables to the pan and stir-fry for about 3 minutes until they are just soft.
4. Add the sauce to the pan with the water or stock and simmer for 1 minute. Add the lime juice and chopped coriander and stir through.
5. Drain the rice and rinse with boiling water.
6. Pour the vegetables over the rice and serve immediately.

This recipe was provided by Nutricia



National Centre for Inherited Metabolic Disorders

