

Foods
Knife Skills: Stir Fry
Groups of 4

Name:
TA:
Block:

Ingredients:

1 chicken breast
½ zucchini, ***brunoise***
½ celery stalk, ***sliced***
½ large carrot, ***julienned***
½ broccoli bunch, ***chopped***
¼ Bell Pepper, ***julienned***
¼ onion, ***diced***
1 garlic clove, ***minced***
15ml oil
125ml Teriyaki Sauce
600ml rice or pasta, ***cooked*** (125ml per person)



Preparation Method:

1. In a small non-stick frying pan, on medium heat, cook the chicken breast for 5-7 mins on one side ****Do not flip multiple times****
2. Flip the chicken once and cook on the other side for another 5-7 mins until it:
 - a. _____
 - b. _____
3. Let chicken rest for 5 mins then slice chicken
4. Rinse all fresh vegetables in water to remove any dirt, pat dry with towel
5. Prepare vegetables according to technique on ingredient list
6. In a large ***wok*** on medium high, add the oil, celery, carrot, onion, garlic, zucchini, bell pepper and broccoli and ***sautee*** until veggies are tender but not mushy
7. Add teriyaki sauce to vegetables in wok, cook for 2 minutes until heated
8. Serve rice, top with vegetables and sliced chicken in a bowl or plate

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Ratios

250ml veggies

125ml pasta or rice (cooked) per person
75-175ml protein (upper end for plant-based proteins)
(2V:1G:1P)

My Plate

