



In the Kitchen with Primary Students

MINCED BEEF STIR FRY WITH BOK CHOY

FRESH FROM THE GARDEN: Bok Choy, carrots, tomatoes



Lemons



Blueberries



Tomatoes

Ingredients

1 cup of rice

200g beef mince

4 heads bok choy

1 tomato

3 carrots

2 tablespoons oil

2 cloves garlic minced

3 tablespoons soy sauce

1 teaspoon brown sugar

1 cup vegetable stock

1 tablespoon cornstarch

1 teaspoon pepper

1 teaspoon salt

Method

1. Cook rice in rice cooker.
2. Wash and slice bok choy into small pieces and set aside
3. Peel carrots and dice finely. Dice tomatoes. Set both aside.
4. Put mince garlic, soy sauce, sugar, vegetable stock, cornstarch, salt and pepper in a bowl and mix well.
5. Add 2 tablespoons of oil to frying pan over medium heat, add beef and cook for 5 minutes or until well browned. Add tomatoes, carrots and bok choy and cook for about 2 minutes.
6. Add the sauce and cook for a further 8-10 minutes or until the sauce is slightly reduced.
7. Taste, adjust seasoning with more salt and pepper, and serve over rice.