

Go for 2&5[®]

FRUIT VEG



WHY GO FOR 2&5[®]?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day. For children, serves should be adjusted for their age.

WHAT IS A SERVE?

FRUIT



1 medium piece
(e.g. apple)

=



2 small pieces
(e.g. apricots)

=



1 cup
chopped or
canned fruit

VEG



½ cup
cooked vegies
or legumes

=



1 whole
medium potato

=



1 cup
salad vegies

For healthy eating information visit www.gofor2and5.com.au

Live Life  well
NSW HEALTH


Go for 2&5[®]
FRUIT VEG

An Australian Government, State
and Territory health initiative.

CHICKEN & VEGIE STIR-FRY



20 minutes preparation and 10 minutes cooking



9 serves of vegies



Ingredients

- 2 cups rice
- 1 teaspoon vegetable oil
- 250g chicken breast, skin removed and cut into strips
- 1-2 cloves garlic, crushed
- 1 medium onion, chopped
- 2 medium carrots, thinly sliced
- 1 stick celery, sliced
- 1 red capsicum, seeded and diced
- 125g snow peas, ends and strings removed
- 1 bunch bok choy, or 1 cup of cabbage, roughly chopped
- 2 teaspoons cornflour
- 2 tablespoons reduced-salt soy sauce
- ½ cup chicken stock
- 1 tablespoon sweet chilli sauce

Method

Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside.

Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through. Serve with rice. Serves 4.

Variation

Use lean pork loin instead of chicken.
Try noodles instead of rice.