



Julienned Summer Vegetable stir fry

Equipment: Knife Cutting board and safety mat 2 saucers 3 plates 2 flippers Safety steps Frying pan Serving dish	Ingredients 1/2 onion 1 carrot 1 small zucchini 1/2 red capsicum 1 bunch leafy greens 1 Tbsp olive oil 1 bunch parsley or other fresh herbs Tomatoes (optional) Salt to taste 1/2 Tsp Black Pepper	 
---	---	---

Method:

Remember to clean up your workstation as you go

1. Cut the onions into small half rings. Put into a saucer.
2. Cut carrots into julienne strips about the size of matchsticks. Put onto a plate.
3. Cut zucchini and capsicum about the same matchstick size. Put these julienne strips onto the **second plate**.
4. Cut the leafy greens into fine shreds. Put these onto the **third plate**.
5. If you are using tomatoes, Cut them in half and then into dice. Put them onto a saucer.
- 6. Clean, dry and put away your knife.**
- 7. Discuss the “Chicken Wings” safety rule, including the safety step.**
8. Heat a large frying pan over Medium-High heat, with 1/4 tsp water. When the water has completely evaporated, add the oil.
9. Using chicken wings and safety steps, sauté leek or onion 2 minutes. Add the carrots and sauté 3 minutes; add zucchini and capsicum. Sauté 4-5 minutes until tender, tossing thoroughly during cooking.
10. Stir in the leafy greens, salt and pepper. Taste test with a clean teaspoon, and adjust the seasoning if you think it needs it.
11. Place your stir-fry into a serving dish. Sprinkle chopped herbs on top.
12. Clean your station. Leave the frying pan aside to cool down before you wash it.
13. Your Head Chef will take this to their table then return to help finish cleaning.
14. After the kitchen is clean and everyone’s equipment tray is restocked we will wait in the foyer.

This stir fry will be served with rice.