

Julienned Summer Vegetable stir fry



Equipment: Knife Cutting board and safety mat 2 saucers 3 plates 2 flippers Safety steps Frying pan Serving dish and spoons	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 and pepper served at the table
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Method:

Remember to clean up your workstation as you go

Julienne strips: Long thin match-stick shape

Sauté: to fry quickly in hot oil or fat



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 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 through the leafy greens.
11. Turn off the stove top.
12. Place your stir-fry into the serving dish. Serve out every last crumb.
13. Sprinkle chopped herbs on top. Take the dish to the middle bench.
14. Finish cleaning your station. You will wash the frying pan when it is cool.
15. After the kitchen is clean and everyone’s equipment tray is restocked, check your workstation against the Cleanathon score sheet.
16. When every station is ready Head Chef will take the dish to the table.



Rice and salt and pepper will be served at the table.