

Cooking up healthier options

- For convenience, don't forget about frozen or tinned vegetables.
- If using fresh veg try to use as soon as possible - they lose vitamins as they get older.
 - Wash fresh vegetables thoroughly and rinse those which are canned in water, eg peas.
 - Try to prepare them just before cooking - as cutting speeds up the loss of vitamins.
 - If fresh veg must be prepared in advance, don't leave them to soak - they lose vitamins in water. Cover with a lid or cling film and put in the fridge (this does not include potatoes, as they would go black).
 - Always start with boiling water - less vitamins are lost at very high temperatures.
- Cook in as little water as possible - they just need enough to stop them burning.
- Always use a lid on the saucepan - this speeds up cooking so less vitamins are lost - and it uses less fuel too!
- Cook vegetables until just tender - over-cooking kills the vitamins.
- Drain them immediately and serve as soon as possible.
- Recapture some 'escaped' vitamins - use the vegetable cooking water in stew, soup or gravy.

See the *Take a new look at fibre!* series for further information.



Stir fry

Serves: 4

Preparation time: 20 minutes

Cooking time: 13 minutes

Ingredients

225-350g (8-12oz) brown or white rice
15ml (1tbsp) rapeseed, olive or sunflower oil
1 clove of garlic, peeled and crushed
350g (12oz) pork escalopes or chicken, cut into fine strips
1/4 white cabbage, finely sliced
1 leek, cut in half lengthwise and thickly sliced
1 red pepper, deseeded and diced
2 large carrots, cut into sticks
50g (2oz) mushrooms, sliced (optional)
15ml (1tbsp) soy sauce
45ml (3tbsp) boiling water

Method

- Prepare all ingredients before beginning to cook.
- Boil the rice following the instructions on the packet.
- Thirteen minutes before the rice is ready, begin to cook the stir fry by heating the oil in a large saucepan or wok. When the oil is really hot, add the garlic and pork or chicken and cook, stirring all the time, for 8 minutes.
- Add all the vegetables and stir fry for a further 3 minutes.
- Add the soy sauce and water and cook for about 2 minutes.
- Drain the rice and serve.



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Take a new look at fibre!

Fruit and Veg

