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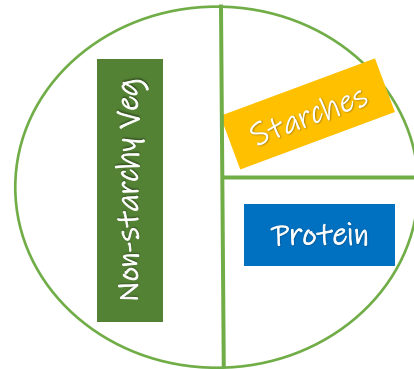
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Stir fry



Protein	Starch	Vegetables	Extras – fat / oils
<p>Land: Beef strips Chicken strips Ground beef Pork strips</p> <p>Sea: Blocks of firm fish fillet Calamari / Squid Mussels Shrimps</p> <p>Vegetarian options Chickpeas Edamame beans Halloumi Seitan Tempeh Tofu</p>	<p>High carb options: Couscous Nutritious Rice (brown basmati, brown rice, black rice, wild rice) Pastas or noodles Polenta Quinoa</p> <p>Intermediate carb options: Beetroot Corn Peas</p> <p>Low carb alternatives: Butternut spaghetti Shirataki noodles Zucchini noodles</p>	<p>Aromatics: Garlic Ginger Green onions Shallots</p> <p>Non-starchy vegetables: Asparagus Baby corn Baby Spinach Bean sprouts Bell peppers Bok choy Broccoli / Cauliflower (chopped & microwaved with damp paper towel for 2 minutes) Cabbage (Napa, Red, Green or Savoy) Carrots Celery Eggplant Green beans Kale Mushroom (any kind) Onions Snow peas or sugar snap peas Tomatoes Zucchini or summer squash</p>	<p>For Preparation: Avocado oil Sesame seed oil</p> <p>Flavourings Hoisin sauce Paprika Salt & pepper Soy sauce Tamari sauce</p> <p>For garnish or topping: Avocado Basil leaves Cashew nuts Coriander leaves Sesame seeds</p>

* Season & tenderize protein: if using chicken, beef or pork – tenderize with a fork. Season with salt & pepper. If prepping ahead of time, cover and refrigerate up to 1 day ahead.



Stir fry

Serves 4-5 with leftovers

Ingredients:

1.0kg chicken fillets, cut into 2cm cubes
Salt & freshly ground black pepper
15-30ml avocado oil
3 zucchinis, julienned
2 carrots, julienned
125g sugar snap peas
125g mange touts
125g fine French beans
1 small cabbage (red or green), finely sliced
3 tbsp. sesame seeds
A handful of coriander, chopped to serve
Limes to serve

Method for sauce:

In a small saucepan combine juice of 1 orange, 2 cloves of garlic (chopped), 4cm piece of ginger (grated), 1 chili (finely chopped), 60ml soy sauce, 15ml sesame oil and 1 tsp xylitol syrup. Bring to the boil over medium heat and cook until syrupy.

Alternative for sauce is Vital Thick Soy Sauce (3g carbohydrates per 15g)

Method:

1. Season the chicken cubes with salt & black pepper. Heat the oil in a large wok over high heat. Work the chicken in batches until golden.
2. Add the sauce and wok for another 2 minutes. Move the meat to the sides of the wok to clear the centre of the wok (where the heat is the highest). Add the zucchini & carrot and wok for 2 minutes.
3. Add the rest of the vegetables and wok for another 2 minutes. Season with salt (may not be necessary – the soy sauce is already high in salt). Sprinkle with sesame seeds. Serve with fresh coriander and fresh lime.

Source: My Low Carb Kitchen, Vickie De Beer



Ginger pork Stir fry with vegetables

Serves 4

Ingredients:

- 500g pork fillet, thinly sliced
- 1 tablespoon ginger paste
- 2 garlic cloves, crushed
- 2 tablespoons reduced sodium soy sauce or tamari
- 2 teaspoons sesame oil
- 250g zucchini noodles
- 250g carrot noodles
- 4 green shallots, cut into 5cm lengths
- Basil to serve



Method:

1. Place the pork, ginger paste, chilli, garlic, 1 tablespoon of the soy sauce and 1 teaspoon of the sesame oil in a large bowl. Stir well to coat the pork. Set aside to marinate.
2. Heat the remaining sesame oil in a large non-stick frying pan or wok over medium-high heat. Cook the zucchini noodles, carrot noodles and shallot for 2-3 minutes until just tender. Remove from pan. Set aside.
3. Spray the pan with oil. Cook the pork, in 2 batches, for 30 seconds to 1 minute until just cooked through. Return vegie noodles to the pan and toss to combine. Drizzle with remaining soy sauce. Sprinkle with extra sliced chilli and Thai basil leaves to serve.

Source: <http://www.taste.com.au>

