

# HEALTHY AFFORDABLE MEALS

## Chicken and Vegetable Stir Fry (6 Serves)

### Ingredients

- 1 cup rice (uncooked)
- 1 large carrot, sliced
- 1 broccoli, roughly chopped
- 1 red capsicum, deseeded, sliced
- 1 medium zucchini, sliced
- 350g chicken thigh fillets
- ½ tablespoon canola oil
- 1 clove crushed garlic
- ¼ cup honey soy sauce

### Method

1. Cook the rice based on the packet instructions.
2. Cut chicken into strips.
3. Heat oil into a pan, add chicken and garlic and cook until brown and cooked through.
4. Add broccoli, carrot and capsicum to pan and cook for 3 minutes.
5. Add zucchini and continue to cook vegetables for further 5 minutes on medium to high heat.
6. Add sauce and coat the chicken and vegetables.
7. Stir and cook until vegetables are tender.
8. Serve with rice and enjoy.

### Recipe change for your little one:

#### From around 6 months

- Remove honey soy sauce and puree cooked meal.



#### From around 7-8 months

- Remove honey soy sauce.
- Food texture is fork-mashed and soft.



#### From around 8-9 months

- Remove honey soy sauce.
- Food texture will be mostly mashed with introduction of bite-sized pieces of food.



#### From 12 months onwards

- The meal can be the same texture as the family diet.

