

# Satay Stir Fry Vegetables (meat or vegetarian)

By Kamrang & Ross McKenzie, Toronto NSW



## Stir Fry

### Ingredients:

- 1/2 medium broccoli, cut into medium size pieces
- 1 carrot, cut into strips
- 1 small bunch (2-3 small heads) baby pak choy
- 1/2 red capsicum, cut into strips
- 250g chicken or beef, sliced thinly (or a suitable meat substitute)

### Vegetable alternatives:

- Green beans (replace broccoli)
- Baby corn or zucchini (replace capsicum)
- Chinese broccoli (replace pak choy)

### Method:

- Boil or steam broccoli and carrots for 3 minutes, drain and cool under running cool water. Set aside.
- Cut 1cm off the stem of the pak choy and separate the leaves
- Fry meat in lightly oiled frypan
- Add capsicum and baby pak choy and fry until the pak choy shrinks
- Add the other vegetables and fry until mixed and heated through
- Drain any excess liquid
- Remove from heat and mix in the warm satay sauce
- Serve with boiled rice

## Satay sauce

### Ingredients:

- 3/4 cup coconut cream
- 2 tbs peanut butter
- 1/4 cup unsalted peanuts, crushed
- 1 cube/tsp stock (chicken, beef or vegetable)
- 1/4 sachet Vissot Cambodian Curry paste, dissolved in 1/2 tbs hot water (see [below](#))

### Method:

- Combine all ingredients in a small pot
- Stir and heat gently on medium heat (do not let it boil and be careful not to let it burn)
- Heat until well mixed and dissolved
- Remove from heat and cover to keep warm

## Dissolving the Paste:

Cut paste into 5mm wide strips:



Place in a small bowl and add **hot** water until almost covered (2 tbs for 1/2 sachet):



Soak for 10 minutes (microwave to dissolve faster). Mash into a smooth paste with the back of a spoon:

