



Kohlrabi stir fry vegetables (gf)

Ingredients

- 1 Kohlrabi, sliced thinly
- 10 pak choy leaves and stems, clean and trim. Cut in half
- 1 Medium onion, sliced
- 3 carrots, cut into strips
- 3 cloves garlic
- ½ mild green chilli, sliced whole (seeds in)
- ¼ cup cold water
- 1 Tbls corn flour (gf)
- ½ tsp sesame oil
- 1 tsp fish sauce
- 2 Tablespoon low sodium Soy Sauce (gf)

Method

1. Prepare the vegetables; wash if necessary but don't dry
2. Peel carrots and slice thinly into strips
3. Chop the garlic
4. *Cornflour slurry; mix the cornflour, soy sauce, fish sauce if using, and cold water together*
5. Cut the Kohlrabi; remove stems/leaves and tough end. Slice kohlrabi in half, remove/discard core (if necessary), peel and cut into chunks or slices. Then cut into thin strips.
6. Use GLOVES when slicing the green chilli and also when washing the board. See Joelene
7. Place your prepared vegetables on a platter.
8. Clean down and prepare a wok. Start to cook just 10 minutes before serving
9. Heat the wok over high heat for a couple of minutes. Carefully add 1 Tbls sunflower oil and start to fry off the carrot and onion.
10. After a minute add the chopped garlic and pak choy. Fry off until the pak choy turns bright green. Add the Kohlrabi strips
11. Add the cornflour slurry.
12. Turn heat to a medium heat to thicken the sauce, heat until it is bubbling and becomes translucent.
13. Serve