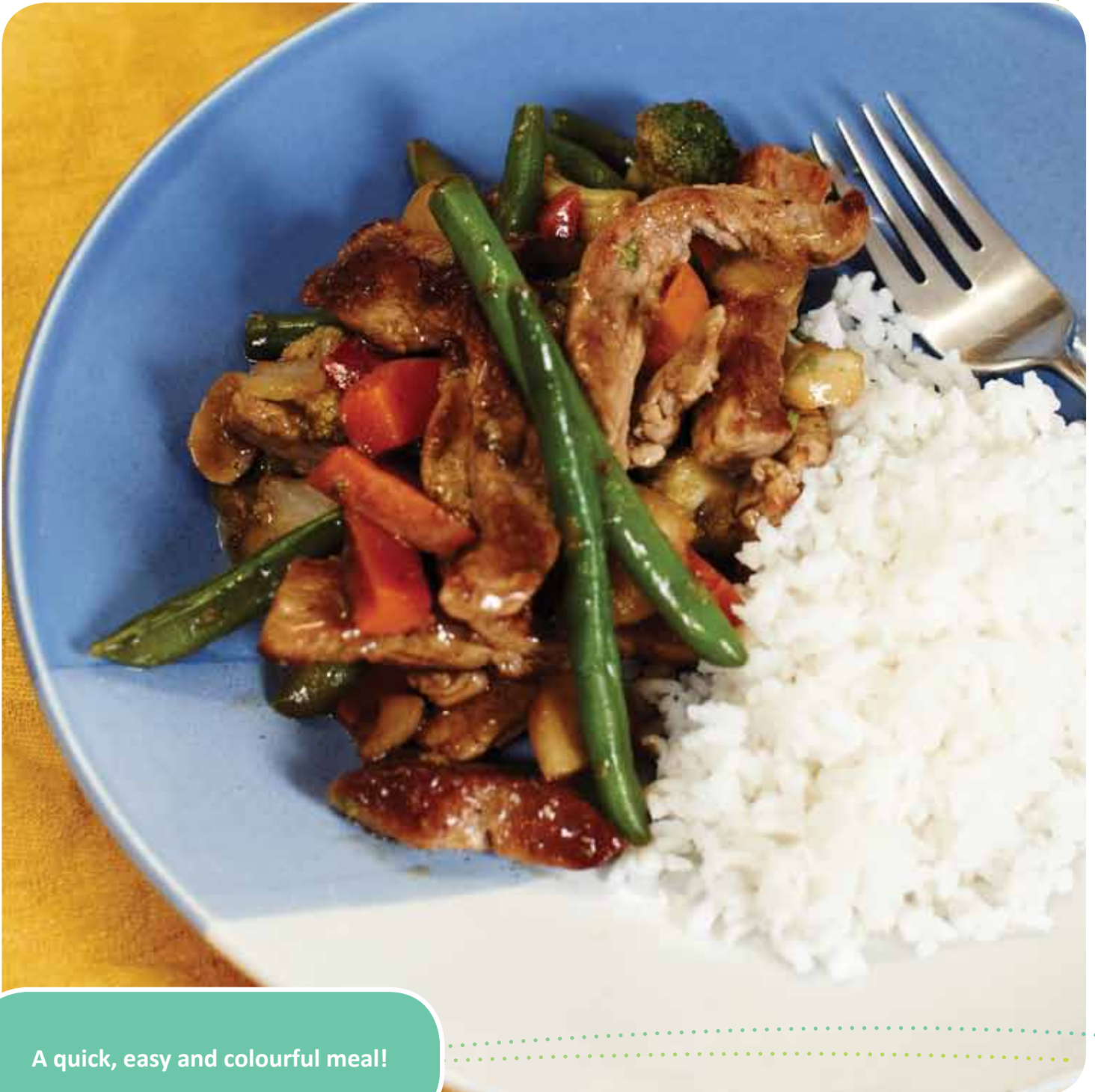


# Stir-Fry

Served with rice.

**Serves 8.** About 30 minutes to prepare and cook.



A quick, easy and colourful meal!

# Ingredients



½ cup  
water



2 tablespoons  
cornstarch



3 tablespoons  
soya sauce



3 tablespoons  
oil



1 kilogram (2 pounds)  
caribou, muskox or  
other lean meat

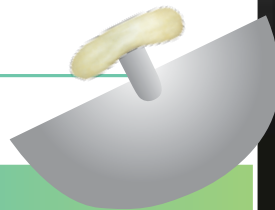


750 gram bag  
of frozen mixed  
vegetables

## BE FOOD SAFE!

Be sure to wash your knives  
and cutting boards with warm,  
soapy water after cutting meat.

# Kitchen Supplies



Large frying pan with cover | Knife and/or ulu  
Cutting board | 2 wooden spoons  
Measuring cup | Measuring spoons

# Step-by-Step



1

Mix the cornstarch, water and soya sauce.



2

Brown meat strips in oil over medium-high heat.



3

Add the vegetables and cook for another 3 or 4 minutes, stirring often.



4

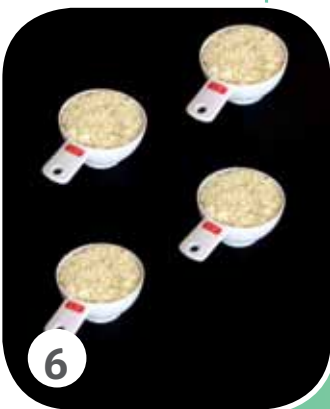
Add cornstarch mixture and stir in well.



5

Turn down the heat and cover. Cook a few more minutes, until the sauce has thickened.

## Rice



6

It's done!



To make 8 servings of instant (minute) rice, use 4 cups of dry rice and 4 cups of water.



Dark coloured vegetables, like carrots, broccoli and bell peppers, are rich in vitamins. They help you fight sickness.



For a treat, try shrimp in your stir-fry. Add shrimp when the vegetables are almost cooked, then cook for 2 minutes, before adding sauce.



This recipe was adapted from Baker Lake Prenatal Nutrition Project's Qamanituaq Cooks!



For more information on health and nutrition visit [www.hss.gov.nu.ca](http://www.hss.gov.nu.ca)