



Low FODMAP Vegetable Stir Fry

Serves: 4

Prep: 10 minutes

Cook: 10 minutes



Stack Cup

Ingredients	Metric	Imperial
¼ cup canola oil	56 g	2 oz
2 Tbsp garlic-infused oil	36 g	1.3 oz
2 tsp sesame oil	9 g	0.3 oz
1 tbsp ginger, finely minced	20 g	0.7 oz
1 red chilli, sliced finely (optional)	28 g	1 oz
Bean sprouts	300 g	10.6 oz
2 large zucchinis	200 g	7.1 oz
1 large green capsicum (bell pepper)	300 g	10.6 oz
2 carrots	200 g	7.1 oz
Oyster mushroom	200 g	7.1 oz
⅓ cup soy sauce	74 g	2.6 oz
1 tbsp cider vinegar	20 g	0.7 oz
1 bunch herbs like Thai basil and/or coriander leaves		
1 tbsp toasted sesame seeds, to serve	20 g	0.7 oz

Method

1. Prepare all the vegetables. Roughly chop the greens and if leafy keep the stems separate and chop in half for faster cooking. Finely slice the hard vegetables e.g. carrots into long diagonals. Rip the oyster mushrooms into lengths.
2. Heat the oils in a wok or large pot and quickly fry the ginger (and chillies if using) for about 1 minute.
3. Add the harder vegetables in the order that they take longest to cook e.g. carrots first. Repeatedly stir and cover for a few minutes. Add the zucchini and repeat then finally add the remainder of vegetables and stir and cover for about a minute.
4. Add the soy sauce and vinegar and stir and cover until the greens have wilted.
5. Remove from the heat and stir through the herb leaves and serve immediately on its own or with brown rice or noodles. Garnish with toasted sesame seeds.

Hints

- You can also add various proteins to the stirfry such as firm tofu cubes (170g per serve), chicken, pork or prawns (100g per serve).

Nutrition Information (per serve)	
Energy	1426 Kj / 341 cal
Protein	7.00g
Carbohydrates	10.30g
Sugar	8.40g
Total Fat	29.00g
Saturated Fat	3.00g
Fibre	9.00g