

# Fast Vegie Spaghetti

10 minutes preparation + 10 minutes cooking



11 serves of vegetables

- 500g spaghetti or other pasta**
- 2 teaspoons vegetable oil**
- 1 small onion, thinly sliced**
- 1 small carrot, thinly sliced**
- 1 stick celery, thinly sliced**
- ½ capsicum, seeded and cut into small dice**
- 1 small zucchini, cut into small dice**
- 570g tomato based pasta sauce**
- ¼ cup grated Parmesan cheese**

Cook pasta according to packet directions and drain. Heat oil in a saucepan, add onion and cook until soft. Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5 -7 minutes. Add pasta sauce to vegetables and heat through. Remove from heat and serve over pasta. Sprinkle with cheese. Serves 4-6.



## Variation

Substitute other vegetables for those listed – use those you have in the refrigerator or freezer.

# Chicken and Vegie Stir-Fry

10 minutes preparation + 10 minutes cooking



7 serves of vegetables

- 2 cups rice**
- 1 teaspoon vegetable oil**
- 250g chicken breast, skin removed and cut into strips**
- 1-2 cloves garlic, crushed**
- 1 medium onion, chopped**
- 2 medium carrots, thinly sliced**
- 1 stick celery, sliced**
- 1 red capsicum, seeded and diced**
- 125g snow peas, ends and strings removed**
- 1 bunch bok choy, or 1 cup cabbage, roughly chopped**
- 2 teaspoons cornflour**
- 2 tablespoons reduced-salt soy sauce**
- ½ cup chicken stock**
- 1 tablespoon sweet chilli sauce**



Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes. Return chicken to pan, add snow peas and bok choy and cook for 2 minutes. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through. Serve with rice. Serves 4.

## Variation

Use lean pork loin instead of chicken. Try noodles instead of rice.

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