

Capsicum

Available

All year round.

Buy

Smooth, well-shaped capsicums with skins that are firm and shiny. Avoid soft spots or a shrivelled appearance.

Store

In the vegetable bin in the fridge.



Prepare



Whole.



Remove the core and seeds. Using the point of a knife gently cut around the core. Remove and shake out the seeds.



Or slice the capsicum in half and remove the core and seeds.



Slice into strips.

Cook

Can be:



Stuffed



Salad



Roasted



Stir-fried



Sweet and sour chicken stir-fry

(serves 4)

Ingredients

- 1 can pineapple pieces in juice (440 gram), drained, juice saved
- 2 tablespoons cornflour
- 2 tablespoons soy sauce
- 2 tablespoons tomato sauce
- 2 tablespoons white vinegar
- 1 tablespoon oil
- 2 cloves garlic, peeled and crushed
- 1 tablespoon finely chopped ginger
- 500 grams chicken breast, thinly sliced
- 2 carrots, sliced
- 1 head broccoli, sliced into florets
- 1 capsicum, deseeded and sliced
- 2-3 spring onions, sliced

Method



1 Prepare the sauce by whisking pineapple juice and cornflour in a small bowl until there are no lumps. Add soy sauce, tomato sauce, vinegar and stir. Set the sauce aside.



2 Heat oil in frying pan over medium heat. Add garlic and ginger, stir-fry for one minute. Add chicken and stir-fry for 5 minutes.



3 Add carrots, broccoli, and capsicum. Stir through the sauce and pineapple pieces.



4 Bring to the boil and simmer for 10 minutes. Add spring onions and serve with brown rice.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes