

Chickpea & Veggie Stir-Fry (Serves 4)

Prep time: 10 min **Cook time:** 10 min **Total:** 20 min

Ingredients

- 1 medium red onion (about 150 g), sliced
 - 1 medium red capsicum (about 150 g), sliced
 - 2 medium zucchinis (about 250 g total), sliced
 - 2 medium carrots (about 150 g total), thinly sliced or julienned
 - 1 × 400 g can chickpeas, drained and rinsed (about 250 g when drained)
 - 15 mL vegetable oil (1 tablespoon)
 - 10 g sesame seeds (optional, for garnish)
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Sauce

Standard version:

- 125 mL water
- 60 mL soy sauce (or tamari)
- 25 g brown or coconut sugar
- 10 g cornflour (about 2 teaspoons)
- 5 mL sriracha (1 teaspoon, optional)

Water-wise alternative:

- 125 mL water
 - 30 mL soy sauce + 30 mL lemon juice (or mild vinegar)
 - 25 g brown or coconut sugar
 - 10 g cornflour
 - 5 mL sriracha (optional)
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Technical vegetable preparation for stir-fry

- **Red onion:** *Thinly sliced* – cut the onion in half from top to root, peel, then slice across the grain into fine, even strips (about 2-3 mm thick).
 - **Red capsicum (bell pepper):** *Julienned* – cut into long, thin strips (about 5 cm long × 3 mm wide). Remove seeds and white membrane before slicing.
 - **Zucchini:** *Julienned* or *thinly sliced on the diagonal* – creates quick-cooking, uniform pieces with good texture.
 - **Carrot:** *Julienned* or *matchsticks* – peel, cut into 5 cm lengths, then slice into thin batons (approx. 3 mm thick).
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Method

1. Heat a large frying pan or wok over medium-high heat. Add the oil.
 2. Add the onion, capsicum, zucchini, and carrot. Stir-fry for 4–5 minutes until just tender.
 3. In a bowl or jug, combine all the sauce ingredients and mix until smooth.
 4. Pour the sauce into the pan. Stir for 2–3 minutes until it thickens slightly.
 5. Add the chickpeas and stir to coat everything in the sauce. Cook for a further 2 minutes to heat through.
 6. Serve immediately and sprinkle with sesame seeds if using.
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Water-wise tips

- Use only the water you need for rinsing and washing produce.
- Choose local and seasonal vegetables where possible.
- Compost or reuse any vegetable scraps.