



**EASY TO PREPARE**



**HI IN  
FIBRE**



**POTENT  
ANTIOXIDANT**

**JALAPENO**

**SPINACH**



**SUGAR SNAP**

**FRAGRANT STEWS**



**LOW IN  
CALORIES**

**PAK CHOI**

**RICH IN VITAMINS A & C**



**DELICIOUS  
STIR FRY**

**HOME GROWN**

**TASTES BETTER**



## PAK CHOI

**SOWING TIME** - Early spring/late Summer

**GERMINATION** - Time from seed to harvest for these plants is about 25 to 30 days

**PLANTING INSTRUCTION** - Plant  $\pm$  5mm deep. Space the seeds 6 to 12 cm apart. Keep the soil moist. Feed with Gro™ water soluble fertilizer every 2 weeks.

**SUN** - Best is six hours of sun per day (windowsill will do, but don't let it get too hot)

## SUGAR SNAP PEAS

**SOWING TIME** - Early spring. **GERMINATION** - 10 - 12 days

**PLANTING INSTRUCTION** - Plant  $\pm$  5mm deep. Space the seeds 6 to 12 cm apart. Keep the soil moist. Feed with Gro™ water soluble fertilizer every 2 weeks. Plants need at least six hours of sun per day (windowsill will do, but don't let it get too hot)

## JALAPEÑO PEPPERS

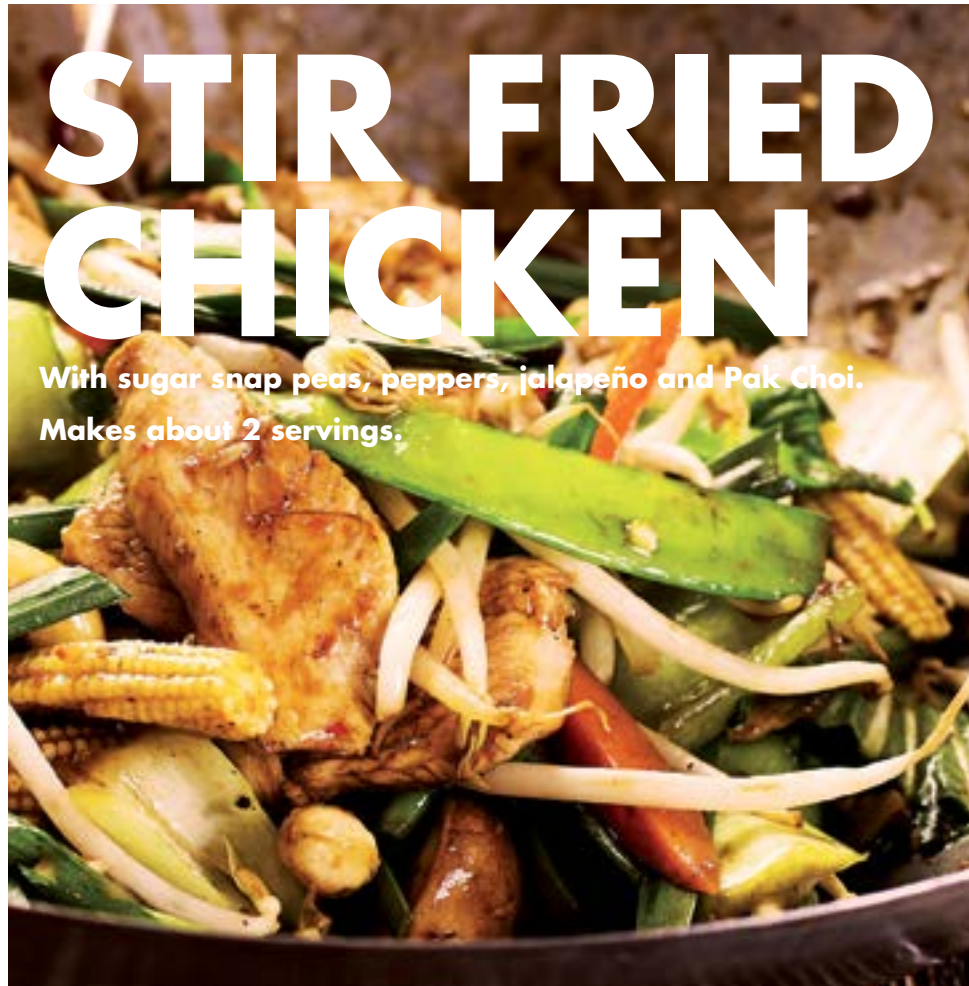
**SOWING TIME** - Spring and Summer. **GERMINATION** - 3 -5 weeks

**PLANTING INSTRUCTION** - Plant 10mm deep. Space 6 - 12cm apart. Keep the soil moist. Feed with Gro™ water soluble fertilizer every 2 weeks. Plant in full sun.

## SPINACH

**SOWING TIME** - Autumn or Spring **GERMINATION** - 7 - 12 days.

**PLANTING INSTRUCTION** - Plant seeds a half-inch deep and 2 inches apart As the plants grow, gradually thin them so the leaves of neighboring plants barely overlap. Plant in full sun or partial shade.



With sugar snap peas, peppers, jalapeño and Pak Choi.

Makes about 2 servings.

## INGREDIENTS:

250g thinly sliced raw chicken breast cutlets

1 egg white

1 1/2 Tbsp Soy Sauce

1-2 Tbsp peanut oil (more or less, depending on your wok or pan)

2 cloves garlic, each cut into 2-3 flat slices

Several slices fresh ginger root

1 cup sliced sugar snap peas (or snow peas)

1 cup Pak choi leaves (or use other vegetables of your choice as long as they cook quickly)

3 Jalapeño Chillies



## COOKING SAUCE INGREDIENTS:

1 Tbsp Soy Sauce

1 Tbsp Rice Wine Vinegar (not seasoned vinegar which contains sugar)

1 Tbsp water

1 Tsp ground ginger root (not dried ginger; this is sometimes called ginger puree)

1 Tsp Sriracha or Tabasco Sauce (optional)

## INSTRUCTIONS:

Cut the sliced chicken cutlets into small pieces. Beat together the egg white and 1 1/2 T soy sauce; then mix it with the chicken pieces in a small bowl. Cut the vegetables into small slices and slice the garlic and ginger. Stir together the soy sauce, rice vinegar, water, ground ginger, and Sriracha (if using) to make the cooking sauce.

Heat wok or heavy frying pan for 1 minute over high heat, until it looks shimmery. Add 1/2 of oil and heat about 30 seconds, then add the sliced garlic and ginger and cook just until they are fragrant, then remove. (Don't cook them too long or the garlic will get bitter.) Add the sliced vegetables. Stir fry over high heat 2-3 minutes, until starting to get cooked but still very crisp. Remove vegetables from the wok and put in a bowl.

Add more oil as needed and heat about 30 seconds. Add the chicken and stir fry until well cooked, about 4 minutes. It won't get very brown, but the inside should be well cooked. Add the vegetables back into wok, heat one minute, then add cooking sauce and cook 2-3 minutes more, until sauce is partly evaporated and coats the food.

The egg white helps thicken this dish without using cornstarch, but if your experience has been mostly with Americanized Chinese food, you may prefer it without the egg, in which case the sauce will be thinner.