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STIRRING UP A TASTY FAVOURITE

EXPERIMENT A COLOURFUL HIT

Tahnae Goldsworthy

WOODBINE woman Ghada Baltagi-Hewitt took traditional Lebanese ingredients, added a pinch of creativity and came up with her very own healthy stir fry, named multicolour dish.

Mrs Baltagi-Hewitt said her creation, which is better known as the ghada dish, was created by combining various Lebanese ingredients and spices.

"I am a very good cook, ever since I was a little girl," she said. The dish incorporates tomato, capsicum and onion with chicken breast and flavoursome spices such as cumin.

The flavours are accentuated with soy sauce, corn starch, garlic, and salt and pepper to taste.

"It's very healthy," she said. "All the ingredients are healthy and there isn't much oil used.

"Most of it is burnt off so the ingredients are almost char-



grilled." The ghada dish was created one day when Mrs Baltagi-Hewitt put on her chef's hat and decided to throw various items into a wok and just kept adding.

Now it's a hit with her family and friends, who often request it. She said it was on the dinner table at least once a fortnight, served with tortilla or Lebanese bread. "It tastes very nice," she said. "It's good for lunchtime or dinner."

Mrs Baltagi-Hewitt is involved in the Macarthur Diversity Service Initiative Family settlement project, which supports refugees and migrant families in Australia. For more information phone Fatim on 4627 1188.



Ghada Baltagi-Hewitt with her Lebanese creation, known as the multicolour dish which features chicken, vegetables and various spices.



MULTICOLOUR DISH OR GHADA DISH

INGREDIENTS

- 1kg of skinless breast chicken, thinly sliced
- Three capsicums (red, yellow and white), thinly sliced
- Two big red onions, thinly sliced
- Two tomatoes, medium ripe and sliced
- 1/4 cup of tomato salsa
- 1/2 cup of vegetable oil
- 1/4 cup of apple cider vinegar
- Two tbsp soy sauce
- One tsp ground cumin
- One tsp corn starch
- 1/4 cup water
- Pinch of salt and pepper to taste
- One crushed garlic

METHOD

1. Heat a wok on high with two tbsp of vegetable oil. Add the onion and stir fry for three minutes. Remove onion and put aside.
2. Put two tbsp vegetable oil in wok and stir fry capsicums for three minutes. Remove and put aside.
3. Add three tbsp of vegetable oil and stir fry chicken for 3-4 minutes until golden. Remove and put aside.
4. Add two tbsp of vegetable oil and stir fry tomato for two minutes. Remove and put aside.
5. Add all remaining vegetable oil and ingredients to the wok and stir fry for three minutes.
6. Add the chicken, capsicum, tomato and onion and stir fry for three minutes.