



**WEEK OF OCTOBER 19 - 23**

**ITEMS IN THE KCL BAG:**

**1 bottle olive oil**

**1 can spam**

**1 bottle of red pepper flakes**

**1 bottle of ginger powder**

***Fresh Produce:***

**1 garlic bulb**

**1 bell pepper**

**1 crown of broccoli**

**1 onion**

**Vegetable Stir Fry with Spam**

**Demonstration by Chef Trevor Luke from Zippy's Hawaii**

Find the link to the video on this page: <https://www.hawaiiagfoundation.org/kids-cooking-local/>

After cooking with your virtual chef, please fill out the post-cooking survey:

<https://forms.gle/PqD2cr85rKEP71d99>

**Ingredients**

- 2 Tbsp Olive oil
- ½ can of spam
- 2 cups assorted **fresh vegetables**
  - (bell peppers, broccoli, mushrooms, onions, carrots, asparagus, etc.)
- 1 Tbsp ginger powder
- 3 Tbsp soy sauce
- 4 garlic cloves crushed
- 1 Tsp salt
- 1 Tsp red pepper flakes
- 2 Tbsp water

**Instructions**

1. Preheat 1 tablespoon of olive oil in the large skillet on medium high heat. Slice spam into cubes. Add to the hot skillet and cook on medium high heat for 2 minutes on each side (total 4 minutes). Remove from skillet onto a dish.
2. Add 1 tablespoon olive oil, sliced peppers to the hot skillet and pour 1 tablespoon of water. Cover with lid and simmer for 5 minutes. After 5 minutes, add ginger root, crushed garlic, chili pepper and broccoli, add one more tablespoon of water and cook uncovered for 5 minutes.
3. Add soy sauce (or oyster sauce) into the skillet - it should get mixed very easily in the hot pan. Once mixed well, add spam and stir everything together.
4. Turn the heat off and let it sit for 5 minutes before serving.