FOOD & COOKING
WITH CHEF ROSS

Pan-fried Vegetables



Preparation: 15 minutes | Cooking: 20–25 minutes | Serves: 2 people

What you need

Ingredients



- 1 tablespoon extra virgin olive oil
- 1 potato, cut into 1 cm cubes
- 1 carrot, cut into 1 cm cubes
- 1 red or brown onion, chopped
- 1–2 garlic cloves, finely chopped
- 1 teaspoon fresh rosemary, chopped
- 50 ml water
- Salt & pepper to taste

Equipment



- Frying pan with lid
- Knife and chopping board
- Wooden spoon
- Measuring spoons
- Small measuring jug

Let’s make it



1. Prepare

Wash the vegetables.
Cut potato and carrot into 1 cm cubes.
Chop onion, garlic and rosemary.

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2. Start the potatoes

Heat olive oil in the frying pan over medium heat.
Add potato and cook for 5 minutes, stirring.



3. Add carrot

Add carrot.
Cook for another 5 minutes, stirring.



4. Add onion and flavourings

Add onion and cook for 3 minutes.
Add garlic and rosemary.
Cook for 1 minute.



5. Put the lid on

Pour in 50 ml water.
Put the lid on.
Cook for 5–8 minutes until the vegetables are soft.



6. Finish and serve

Take the lid off.
Cook briefly until the extra water evaporates.
Add salt & pepper to taste.
Serve hot.

Serving and storage

- Serve as a side dish or with your preferred protein.
- Refrigerate leftovers within 2 hours in shallow containers.
- Store covered at 5°C or colder.
- Use within 3 days.
- Freeze up to 3 months for best quality.
- Reheat until steaming hot.
- Vegan and vegetarian.
- Check packaged ingredients and any allergen cross-contact.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.