



## *Stir Fry*

### **Mix & Match**

- 1. Choose your protein** (beef, chicken, lamb or seafood). Cut into thin strips and quick fry in a pan with a dash of olive oil or ghee. Remove from the pan and set aside.
- 2. Choose your vegetables** (broccoli, capsicum, carrots, onions, mushrooms, cauliflower, snow peas, water chestnuts, bean sprouts, baby corn etc.). Cut into roughly equal sized pieces to ensure they cook evenly and then add them to the pan (a wok works best for this). Stir fry until tender.
- 3. Prepare the stir fry sauce** by mixing together the following:
  - $\frac{2}{3}$  cup Tamari sauce (gluten free soy sauce)
  - $\frac{1}{2}$  cup vegetable stock (avoid preservatives where possible)
  - $\frac{1}{3}$  cup rice wine vinegar
  - 2 tbsp honey
  - 1 tbsp sesame oil
  - 1 tbsp minced garlic
  - 2 tbsp corn starch (organic or non-GMO)
- 4. Add the protein and vegetables back to the pan** and add in the stir fry sauce. Then gently heat until the sauce thickens and the ingredients are all warmed through.
- 5. Serve** over brown rice, wild rice or rice noodles.