

STIR-FRY AND VEGETABLES

INGREDIENTS

- Approximately 250 g of allowable lean protein (fish, seafood, chicken, tofu)
- 2 cups vegetables of your choice, finely sliced
- ½ tablespoon fresh finely sliced ginger
- ½ tablespoon minced garlic
- Fresh chilli or chilli paste (optional)
- Organic tamari or soy sauce (no added sugar)
- Squeeze of lime juice (optional)

METHOD

- Heat oiled wok or frypan.
- Saute meat/tofu, garlic, and ginger in a little olive oil, chilli (optional) and organic tamari until cooked.
- Set to one side.
- Add firm vegetables such as broccoli, cauliflower and cook for two minutes.
- Add more watery vegetables such as spinach, capsicum, snow peas, mushrooms, Chinese greens, etc. Return meat/tofu to stir-fry.
- Stir through organic tamari to taste.
- Serve immediately.

Garnish may include: coriander, bean sprouts, lime juice, sesame oil or chopped raw nuts.



DETOX