

Step By Step Stir-Fry

Cut up and prep all elements before heating wok.

#1 Choose your Protein (palm size per person):

- Chicken/turkey strips
- Tempeh or organic tofu
- Lean grass-fed beef strips or lean lamb
- Salmon/white fish/prawns/calamari peices
- 1 - 2 eggs

Melt 1 tablespoon coconut oil in wok and stir-fry over high heat until slightly undercooked. Remove from wok and set aside

#2 Spice & Flavour:

Melt 1 teaspoon coconut oil in wok and stir-fry your choice of following...

- 1 clove garlic, peeled and crushed
- Ginger, 1/2 tsp grated/thinly sliced
- 1/2 teaspoon grated turmeric root
- 1/2 leek, white part, sliced
- 1 onion - red or brown, sliced
- 2 spring onions, sliced
- 1 small chilli, chopped

#3 Add at least 2 cups of veggies - aim for a rainbow. Stir-fry for approx. 4 minutes of until cooked - they should be crunchy still.

- green beans
- broccoli florets
- cauliflower florets
- Brussels sprouts, shredded
- carrots, matchsticks or sliced thinly
- celery, slices
- mushrooms
- snow peas
- zucchini, slices

#4 Add protein back in... and add green leafy veg

- bok choy
- cabbage
- kale
- silverbeet/chard
- spinach
- coriander

#5 Sauces... to taste. Add and stir-fry for further 2 minutes or until combined.

- lemon/lime juice/zest
- 1 heaped teaspoon nut butter
- 1 tablespoon tamari sauce (gluten free soy sauce)
- 1/4 cup of coconut milk
- Fresh herbs/extra chilli flakes

#6 Top it off! Serve with:

- small handful raw cashews
- Fresh herbs
- Bean sprouts
- peptias/sunflower seeds/sesame seeds

You don't need to serve with rice or noodles!
Just eat a big bowl of delicious stir-fried veggies!