



EASY VEGETABLE STIR FRY

Easy Stir Fry Sauce

- 1 cup of vegetable broth
- 1/2 cup low sodium soy sauce (or Tamari if gluten free)
- 1 tbsp of honey (or agave nectar if vegan)
- 1 tsp rice vinegar
- 1 tbsp sesame seed oil
- 1 tsp of ginger finely minced or paste
- 1 tbsp of cornstarch (optional to thicken the glaze)

Optional sauce add ins for a Thai inspired dish:

2 tbsp peanut butter
1/4 cup fish sauce

PREP TIME: 15 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 35 MINUTES



Ingredients

- 2 garlic cloves finely minced
- 1/2 onion finely chopped
- 1 cup of snap peas
- 1 red pepper sliced or chopped
- 1/2 cup of shredded red cabbage
- 1/2 cup of shredded carrots
- 1/2 cup of chopped tofu
- 1 tbsp of oil
- 1 cup of quinoa, brown rice or high protein/fibre noodles
- Pinch of sea salt
- Pinch of garlic powder

Suggested protein: tofu, chickpeas or chicken.

Suggested garnish: bean sprouts, chopped green onion, chopped cilantro, chopped Thai basil, sesame seeds, chopped peanuts or cashews.



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PAGE 2

Directions

- Set a large wok or frying pan over medium-high heat and allow it to get hot. Swirl in 1 tbsp of oil.
- Sauté the tofu or meat first with some garlic powder until fully cooked. Remove from the pan and set aside on a plate.
- Begin sautéing the onions and garlic for ~3 minutes. Add the densest vegetables (those that take the longest to cook) into the pan and sauté for ~ 4 minutes.
- Add in the quick cooking vegetables and sauté for another 2 minutes. Add a pinch of sea salt over the vegetables.
- Place all sauce ingredients in a mason jar, whisk and then tighten lid before shaking.
- Return the tofu or meat to the pan and pour in the sauce. Toss well to coat it all. Let it cook for another 2 minutes or until bubbling.
- Turn the heat off and stir in any fresh herbs/garnishes.
- Serve hot over cooked quinoa (cooked in vegetable broth), brown rice or over noodles.



Enjoy!!