



EASY VEGETABLE & SHRIMP STIR FRY

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Ingredients

- 2 cups frozen mixed vegetables (rinsed with hot water before adding) or use whatever vegetables are in your fridge
- 2 garlic cloves finely minced
- 1/2 onion finely chopped
- 1 cup sliced mushrooms or broccoli
- 1 tbsp of oil
- 1 cup of quinoa, brown rice or high protein/fibre noodles
- Pinch of sea salt
- Pinch of garlic powder

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

Suggested protein: shrimp, tofu, eggs, chickpeas or chicken

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

- Place all ingredients in a mason jar, whisk & then tighten lid before shaking. Pour over the stir fry for the last few minutes of cooking.





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Directions

1. Start cooking the quinoa, rice or noodle as per instructions.
2. Set a large wok or frying pan over medium-high heat & allow it to get hot. Swirl in 1 tbsp of oil.
3. Sauté the shrimp, tofu or meat first with some garlic powder until fully cooked. Remove from the pan & set aside on a plate.
4. Begin sautéing the onions & garlic for ~3 minutes. Add the densest vegetables (those that take the longest to cook) into the pan & sauté for ~ 5 minutes.
5. Add in the quick cooking vegetables & sauté for another 2 minutes. Add a pinch of sea salt over the vegetables.
6. If you'd like to add in some more protein, scrape the vegetables to one side & then fry & scramble an egg or 2 to mix in.
7. Return the other protein to the pan & pour in the sauce. Toss well to coat it all. Let it cook for another 2 minutes or until bubbling.
8. Turn the heat off & stir in any fresh herbs/garnishes.
9. Serve hot over cooked quinoa, brown rice or over noodles.

Enjoy!

