

HEALTHY COOKING

▶ BASIC STIR FRY



SERVES 1

INGREDIENTS

- ▶ 120g lean animal protein e.g. fish, beef, lamb or chicken
OR 150g firm tofu, sliced thinly
- ▶ 2 cups vegetables of your choice e.g. capsicum, zucchini, Asian greens, mushroom, broccoli etc
- ▶ 1 tsp coconut oil
- ▶ 1 chilli (optional)
- ▶ 2 cloves garlic, crushed
- ▶ 1 Tbs fresh ginger, finely sliced
- ▶ 1 Tbs soy sauce
- ▶ Splash of fish sauce

Add oil, garlic, chilli and ginger to a heated pan. Stir fry until aromatic (about 30 seconds), add protein option, cook until lightly browned, then add soy and fish sauce and firm vegetables (e.g. broccoli, beans). Once protein is cooked through add in more leafy vegetables until heated through.

Serve with fresh herbs such as coriander, Thai basil or spring onions and a sprinkle of sesame seeds

Nutritional analysis – see the “Diet Planning Documents” available on our website to calculate the protein option and vegetables you choose.

Tip: Double the recipe to take some for lunch the next day.