



Stir Fry Time!

Serves 2

This is a great recipe for a super quick tasty meal!

Marinating tofu, chicken, beef , turkey in advance is great for really tasty flavours.

The trick is lots of colourful vegetables to excite your plate

Vegetables (feel free to choose / add your own mix!)

- 1 x garlic clove
- 1 x red onion chopped into strips
- 1 x carrot chopped into strips
- ½ yellow & ½ red pepper
- ½ courgette chopped into strips
- 5-6 mushrooms
- Handful of mangetout (add in at the end for crunch)
- 2-3 florets of broccoli
- ½ bag of beansprouts (great for crunch , toss in at the end)
- Water chestnuts / bamboo shoots (available in tins) great to use



Protein

- Chicken
- Beef
- Tofu
- Kidney or Chick Peas
- Chopped nuts

Carbohydrate (per person)

- 60g rice
- 60 g giant cous cous
- 60g quinoa
- 60g noodles

Spices (mix your spice mix together and marinade your meat / tofu for a few hours or overnight if you can!)

- Chinese five spice
- Salt
- Pepper
- Soy Sauce (tamari) and / or fish sauce
- Wholegrain mustard
- Nutritional yeast
- Olive Oil

Optional

1 tsp of peanut butter or 1 tsp of tahini (sesame seed paste) is great for a creamy flavour while still keeping it healthy and light

Add in a little water to thin as cooking

Sprinkle with 1 tablespoon : sesame seeds or chopped plain cashews or chopped peanuts (25g per person and unroasted unsalted)

