

super

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Try it and share it with us!



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#super10 #plantpower #sustainablediets #artiziancaters

HEALTHY
INITIATIVE
WEEK

super10 Thai Stir-Fry (v)

Serves 4

Ingredients:

For the stir fry

½ a head of broccoli

100g mange tout

1 bok choy

1 carrot

½ a red pepper

1 courgette

½ a red onion

80g bean sprouts

100g sugar snap peas

¼ bunch coriander

15g toasted sesame seeds

300g brown rice

½ bunch spring onions

75g edamame beans

1 packet baby corn

2 cloves garlic

For the dressing

½ tbsp minced ginger

50ml tamari

1 tbsp honey

1 tsp sriracha sauce

Method:

For the dressing

1. Finely dice the ginger and whisk together with the sriracha, tamari and honey

For the stir fry

1. Bring a pan of water to the boil and cook the brown rice on a gentle simmer for 20 minutes or until cooked, drain and set aside
2. Finely slice the onions and garlic and add to a hot pan with a touch of pomace oil and cook for 3 minutes
3. Finely shred all remaining ingredients and add to the pan, add a touch more oil if needed
4. Cook the vegetables for a further 5 minutes or until slightly soft
5. Add the dressing and cook for a further minute before adding the rice, cook for another 2 minutes and serve
6. Garnish with some toasted sesame seeds

SUPERCHARGE YOUR ENERGY NATURALLY!