



Ten minute stir fry

If you have leftover rice, a few handfuls of bite-sized vegetables, and some protein, you've got the building blocks for a quick stir fry. The protein is optional, but really makes this a substantial meal. Add your favorite seasonings and oil, and you're all set. You'll want to make sure your pan is big enough to accommodate a lot of stirring.

Neutral-tasting, high heat oil (sunflower, grapeseed, peanut)

1 head of broccoli (including the stem), chopped into bite-sized pieces

1 cup shredded carrot

1 red onion, halved and cut into half-moon strips

4 cloves garlic, sliced

1 cup ground crumbles (or another protein of choice, cut into bite-sized pieces)

1 cup cooked long-grain rice

Several dashes of ground ginger, turmeric, coriander, salt, and white pepper

Small drizzle of agave nectar

Large drizzle of dark sesame oil

Large drizzle of tamari (or soy sauce)

In a wok or large pan, heat a couple of tablespoons of neutral oil over medium heat. As soon as the oil is heated through, add the chopped vegetables and onion. Increase the heat slightly, and stir continuously so that everything cooks through without sticking to the pan, about 4–5 minutes. (If there is a lot of sticking, add a splash of water.) Next, add the garlic. Stir for another minute, taking care that the garlic does not burn. Add your protein and rice, and stir once to combine. Add your seasonings (I added ginger, turmeric, coriander, salt, and pepper). Stir again, making sure that the seasoning is evenly distributed. Continue to stir frequently, until everything is heated through, another 3–4 minutes.

Last, add your agave, dark sesame oil, and tamari. Stir quickly so that everything in the stir fry is coated, another 2–3 minutes.

If you are adding greens or herbs, this is the stage when you would fold them in. Stir just until wilted, which should take less than one minute.

Remove from heat, adjust seasonings to taste, and serve with your favorite accompaniments (chili flakes, sriracha, lime . . .).

Serves 2 as a main, 4 as a side