



LIME AND GINGER STIRFRY

Here is a tasty and vegetable filled Lime and Ginger Stir-Fry that will satisfy many mouths.

🕒 10 minutes

🕒 30 minutes

🍴 3 portions

INGREDIENTS

- 1 cup of basmati rice
- 1 clove of garlic, minced(3 g)
- 1 tbsp of tamari sauce (18 g)
- 1 tbsp of coconut oil (14 g)
- 1 large red onions, diced (150 g)
- 4cm piece of ginger, diced
- 1 red capsicum, diced
- 1 cup, of mushrooms, sliced
- 1 bunch of broccoli, cut into florets
- 100 grams of snowpeas
- 1 bunch pak choy, or alternative Asian greens
- 50 grams of cashew
- 1/2 cup of coriander leaves

COOKING METHOD

- 1° Cook rice according to packet directions. Drain.
- 2° Meanwhile, combine garlic, lime juice and tamari. Set aside.
- 3° Heat coconut oil in a large wok. Add onion and ginger and stir fry for 2 minutes, or until softened. Add capsicum, mushrooms and broccoli. Stir fry for 2 minutes
- 4° Add tamari mixture. Stir fry for a further 1 minute then add snow peas, Pak choy and herbs and stir until just wilted.
- 5° Divide rice and stir-fry between a plate and a container. Sprinkle with cashews. Place container in the fridge to enjoy for lunch tomorrow.
- 6° Note Paleo option: You can serve this with quinoa instead of rice if you prefer.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (491 g)	% DRI
ENERGY	100 kcal	491 kcal	25 %
FAT	3 g	14 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	28 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	85 mg	418 mg	17 %
CARBOHYDRATE	17 g	81 g	27 %
SUGARS	2 g	11 g	—
FIBER	2 g	11 g	43 %
PROTEIN	3 g	17 g	—