



Choose your Stir Fry

Stir fry's are a great way to combine a your favourite protein and delicious vegetables for a quick, healthy and satisfying meal. This recipe makes enough, or double it to make enough for lunch the next day or another meal later in the week.

Choose one option from each category

Category	Protein	Vegetables 4 cups mixed	Sauce	Base
	1 lb Shrimp	Bell peppers, onions and zucchini	1 cup of Sweet Thai chili sauce mixed with 2 tbsp of soya sauce	Basmati Rice
	1 lb Chicken	Broccoli, carrots and snap peas	1 cup of Teriyaki Sauce (store purchased or homemade)	Long-Grain Rice
	1 lb Lean Beef	Snow peas, bean sprouts and red bell peppers	1 cup Stir Fry Sauce (store purchase any sauce you like or use the one linked here)	Ramen or linguine
	1 lb Tofu or 2 cups frozen shelled edamame	Bok choy or cabbage, carrots and cauliflower	Thai Peanut Sauce Mix ½ cup smooth peanut butter, ¼ cup soya sauce, 2 tbsp water, 1 tbsp maple syrup, the juice of one lime.	Rice Noodle

Directions

1. Prepare your protein of choice, cutting into bite size pieces, etc. Slice your vegetables of choice into long slices or bite sized pieces.
2. Prepare your sauce of choice and begin to cook your base as per package instructions.
3. Heat a large fry pan over med-high heat. Drizzle in some olive oil to heat up. Add in 1 clove of minced garlic and 1 tbsp of grated fresh ginger.
4. When your pan is hot and the garlic and ginger is sizzling, add your protein of choice. Stir until it begins to cook.
5. Add in your vegetables and stir. Continue stirring and cooking, turning down the heat to medium if necessary. Once the vegetables are tender, add your sauce of choice. Stir to combine and cook for a few minutes until the flavours come together. Finish cooking your base.
6. Turn off the heat and serve over your base.