



Spring Vegetable Stir Fry

2 servings

1 medium onion, sliced into half moons
2 carrots, sliced on the diagonal and cut into half moons
3 cloves garlic, chopped
2-3 Tb ginger, peeled and minced
2 cups broccoli florets
2 cups cabbage or bok choy, thinly sliced
2 cups asparagus, cut into 2" pieces, stems peeled if thick
1 cup snap peas
¼- ½ cup water
½ Tb kudzu or arrowroot mixed ¼ cup cold water
Wheat-free tamari, to taste
Brown rice vinegar, to taste
Pinch of cayenne, optional

- In a large sauté pan or wok, heat coconut oil over medium-high heat.
- Add onion and sauté for 3 minutes, being careful not to brown.
- Add carrots and sauté 2 minutes more.
- Add garlic, ginger, and broccoli and sauté for 2-3 minutes. Add a few tablespoons of water to prevent burning. Keep the vegetables moving in the pan.
- Add the cabbage, asparagus, and ¼ cup water. Mix well, cover, and cook for 2 minutes

- Add the snap peas stirring for 1 minute. Cover and cook 1 minute more or until the vegetables are crisp tender and brightly colored.
- Turn heat to low and add the kudzu-water mixture, tamari, rice vinegar and cayenne to taste. Gently stir for about 20 seconds or until the liquid is clear.

A few notes...

- It is best to cut up all the vegetables and put into separate bowls before starting. The cooking happens very quickly so you want everything ready.
- Use whatever vegetables you find in the market or in your refrigerator. Some type of cabbage is good to keep in as it ties the whole dish together.
- Add the vegetables to the pan according to how long they need to cook. For example if you were to use string beans, add them after the carrots but before the cabbage and asparagus.