



Simple Stir Fries

weekday dinner in no time

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7
	OIL	BASE FLAVOUR	HERBS + SPICES	HARD & SOFT VEGGIES	LEAFY VEGGIES	SOME CHARACTER	GARNISH
FOOD OPTIONS	ghee lard duck fat coconut oil	onion garlic ginger turmeric root	rosemary cumin fennel seed mustard seeds lemongrass thyme	hard: cauliflower beets radishes sweet potato parsnip carrots soft: asparagus zucchini cabbage mushrooms peas green beans broccoli bok choy fennel bulb	dandelion chard kale bok choy nettle spinach sprouts	dressing: salty + acid + sweet (combine in bowl) examples: Tamari or Himalayan salt + lemon + touch of raw honey Coconut Aminos + rice vinegar + mirin	Basil sesame seeds turmeric powder coriander parsley spring onions chervil tarragon
COOKING TIME	Until hot	3 minutes	2 minutes	hard: 5-8 mins soft: 3-5 minutes	2-3 minutes	2 minutes	None

Practical tips:

1. Add a little water or vegetable or bone broth so the veggies don't stick
2. Cook meat, fish or legumes separately and add to the stir fry at the end