

Vegetable Stir Fry with Chicken, Tempeh or Tofu

INGREDIENTS: (for 4-6 servings)

- Around 8 cups assorted vegetables, like broccoli, carrots, fennel, celery, snow peas, sugar peas, coloured peppers
- 4 boneless chicken breast, tofu, or tempeh, sliced
- FOR SAUCE;
- ¼ cup Bragg's soy (or other soy sauce-low sodium preferred)
- 2 tbsp. coconut sugar (or brown sugar)
- 1 tbsp. sesame oil
- 2 tbsp. grated orange rind
- ¼ cup fresh orange juice
- 6 cloves garlic, minced
- 1" piece of ginger, minced
- ¼ cup arrowroot
- 4 tbsp. water
- Optional chili flakes

Oil for cooking, preferably coconut or grapeseed.

DIRECTIONS:

1. In a jar, mix all sauce ingredients.
2. Prepare chicken, tempeh or tofu, slice thin & marinate in the above mixture.
3. Cut all vegetables into bite sized pieces. Have your entire prep ready before starting.
4. Heat oil in a wok or fry pan.
5. Add firmer vegetables, like carrots, broccoli & cauliflower, along with chicken or meat.
6. Stir fry them over high heat for a minute or two.
7. When chicken is cooked, add remaining "quick" vegetables, like beans, snow peas, peppers.
8. Add sauce for final minute or less.

Serve over brown rice, millet or quinoa.

(Any of these grains, cook them at ratio 1 cup grain to 1 ½ cups water. Add a couple of spoons of miso or brags at the end. Fluff with fork)