

Stir Fry Night

Choose your favourite protein - chicken, beef, pork or tofu and stir up a quick nourishing meal. Serve on rice or rice noodles.

- 1 lb. (500 g) boneless chicken, beef, pork or tofu
- 1 tsp. vegetable oil
- 2 minced cloves garlic or 1 tsp. garlic powder
- 1 tsp. grated ginger or powdered ginger
- 3 green onions, chopped
- 2 sweet peppers, chopped
- juice from one lime
- 2 tbsp. soy sauce
- 2 tsp. chili flakes
- 1 tsp. brown sugar

1. Cut chicken, beef, pork or tofu into bite size pieces.
2. Heat 1 tsp. vegetable oil in large fry pan and add the meat or tofu. Stir fry until golden brown.
3. Add garlic, ginger, onions, and peppers and stir fry until tender crisp- about 2 minutes.
4. Mix together in a small bowl, the lime juice, soy sauce, chili flakes and brown sugar and add to fry pan and cook for 1 more minute.

Serves 4 people.