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**VEGGIE STIR-FRY WITH RICE**

Here's another recipe from FMTV. Simple is sometimes best! A vegan stir-fry thrown into the weekly meal routine is a great way to use up leftover vegetables and up your daily fiber intake.  Enough for 2 small meals or 1 big meal.  
**​Ingredients:**  
*(use organic ingredients where possible)*

* 2 tsp. sesame oil
* 1 thumb-sized piece of ginger, finely chopped
* 1 garlic clove, finely chopped
* 1/2 cup broccoli florets, chopped small
* 1 shallot or spring onion, thinly sliced
* 1 small bok choy, roughly chopped
* 1/2 red bell pepper, thinly sliced
* 2 Tbs. tamari
* 1 cup cooked rice (basmati or brown)

**Method:  
​***​(As this cooks so fast, always prepare all ingredients beforehand)*

1. Cook rice as per package instructions.
2. Heat wok or fry pan over heat (6 is the highest you should heat oil)
3. Add sesame oil and, when hot, add ginger and garlic to fry for 1 minute.
4. Add broccoli and spring onion and toss for 1 minute.
5. Add bok choy, bell pepper and toss for 1 minute.
6. Add  tamari and cover for 1 minute.

Serve on a bed of cooked rice.  Garnish with raw sesame seeds (optional).