



No-More-Flaming Stir Fry

Combat inflammation in a tasty way

Prep Time: 15 minutes

Cooking time: 10 minutes

Serves: 4-6

Equipment:

- Wok
- Small pan
- Box grater

What you need:

2 eggs

5-6 stalks fresh asparagus, stemmed and cut into 1-inch pieces

½ head of broccoli, stemmed and chopped into small florets

5 shitake mushrooms, sliced

½ package/container sliced cremini mushrooms

½ red pepper, seeded and sliced

2 handfuls fresh snow peas

4 scallions, chopped

½ cup cooked short grain brown rice

1 inch fresh gingerroot, peeled

2 cloves garlic, minced

2 tsp turmeric

Bragg's Liquid Aminos to taste

Sriracha to taste

Coconut oil for frying

To Prepare:

First, scramble your eggs in a small nonstick pan and set them aside. Get your wok over high heat and get it screaming hot. Once all your ingredients are ready to go, coat your wok in oil and throw in the asparagus and broccoli. Cook until tender, about 5 minutes. Once finished, remove from pan to a bowl and set aside. Toss in a little more oil (if needed) and add the mushrooms and pepper. After about a minute, add your snow peas and fry together until it all just starts to soften, about two minutes. Add the asparagus and broccoli back in and let cook together for just a minute before adding the rice and egg. Using the coarse side of a box grater, grate ginger right into the pan, then add the garlic, turmeric, Liquid Aminos, and Sriracha, and let it cook for another minute. Kill the heat, taste for seasoning, and enjoy!

Tips/Variations:

- Use any combination of vegetables you like.
- Soy sauce can be used instead of the Aminos