



Presents



One Pan Thai Stir Fry

Presented on September 13, 2014

Ingredients:

Sauce Ingredients:

- 1 can (or more if desired) Full Fat Organic Coconut Milk
- 3-4 Tbs Red Curry Paste or to taste (small jar found in the Asian food section of most stores)
- 1 Tbs. Fish Sauce (optional, may sub 2 Tbs. Gluten Free Soy Sauce)
- 1-4 Tbs Garlic Thai Hot Pepper Sauce (optional, spice up to taste)
- 1 Tbs. Lime Juice
- 3 Tbs. Tomato Paste (optional)
- ½ c. chicken stock
- 2 Tbs. Raw Honey (optional)
- 1-3 Tbs. ginger paste (optional)
- 1 Tbs. Rice Wine Vinegar (optional)

** You can easily double this if you want more sauce or are making a really big stir fry

This Part is the best...Everything is OPTIONAL! Put what you want in it! Here are some of my favorites:

- 4 tbs. coconut oil (for cooking, or olive oil)
- 1-2 c. fresh green beans
- ½ c. thin sliced carrots (not too many or it will taste like carrots)
- ½ c. organic corn
- ½ c. broccoli
- 1 Red Bell Pepper sliced (my fav)
- 1-2 c. cubed chicken (or any meat you want or tofu or none)
- 1-2 c. chopped kale or swiss chard
- ½ c. coarse chopped cabbage
- ½ c. chopped Thai Basil
- ½ c. fresh peas
- 1 c. coarse chopped asparagus

Directions:

Put the honey and lime juice together in a bowl so the lime will dissolve the honey. Combine everything else. Remember when trying it out you can always put more of something in so start small if you are unsure. Set aside.

In a pan over medium heat melt 2 Tbs. coconut oil, sauté your choice of protein until done. Take out. Add your more sturdy vegetables first such as broccoli, green beans, and carrots (corn too if it is straight off the cob and not pre-cooked). Sauté for several minutes until they start to soften. Next, add your softer vegetables such as peas and bell peppers, cook until warm then add your asparagus, kale and/or cabbage. Heat until kale and/or cabbage just starts to soften. Add meat and pour in sauce and stir thoroughly to combine and heat through.

Now enjoy and don't forget to turn the burner off! The beauty of this is the sauce makes anything yummy, use whatever you want for veggies!

Calories-402cal, Carbs - 30g, Fat - 23g, Protein - 15g, Sodium - 705mg, Sugar - 15g