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STIR-FRIED VEGETABLES WITH GINGER AND SESAME MARINADE (VE)

Serves 2

Per serving: 345 calories, 5.5g fat

Prep time: 10 mins

Cook time: 15 mins

To make the ginger juice, use unpeeled fresh root ginger. Grate the ginger and squeeze out as much of the juice as possible.

INGREDIENTS

110g dry weight basmati rice
1 vegetable stock pot
1 tbsp sunflower oil
1 onion, cut in half and shredded
175g mange tout, topped and tailed
1 small red pepper, seeded and cut into strips
1 small Chinese cabbage, shredded
200g beansprouts

For the marinade:

3 tbsp fresh ginger juice
3 tsp arrowroot
3 tbsp tamari
1 tsp toasted sesame oil
75ml light stock or water

METHOD

1. Heat the oil in a wok and quickly fry the onion until soft. Add the mange tout and cook for about 1 minute, stirring continuously to stop them from going brown. Add the red pepper and cook for another 3 minutes.
2. Add the beansprouts and Chinese cabbage and cook until both look tender, stirring from time to time.
3. Meanwhile, make the marinade by mixing all the ingredients together thoroughly.
4. Pour over the vegetables and bring the mixture back to the boil. Cover with a lid, turn the heat down and cook for a further 3-4 minutes to finish cooking the vegetables.
5. Serve straight away on a bed of basmati rice boiled with a vegetable stock pot.



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