

Food Babe's Stormy Day Stir Fry (Inspired by Inn Season Cafe)



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	40 mins	50 mins	4

<https://foodbabe.com/stormy-day-stir-fry>

Ingredients:

- 1 cup brown rice
- 2 teaspoons dark toasted sesame oil
- 4 tablespoons ginger root, minced
- 1 tablespoon tamari soy sauce
- 1 small head cauliflower
- 2 cups red cabbage, chopped
- 1 small red onion, sliced
- 3 carrots, chopped diagonally
- 3 stalks celery, chopped diagonally
- ½ cup raw cashews, split in half

Instructions:

1. Make rice according to package instructions – cooking time varies on which type of grain you use
2. Meanwhile in the oven, toast cashews at 350° F for 5-7 minutes – watch them, they burn quickly!
3. Heat oil in large wok on medium to high heat.
4. After oil is heated for a few minutes, add ginger and saute until all oil has been absorbed by the ginger.
5. After about 3-5 minutes, add tamari, 2 tablespoons water and all vegetables.
6. Stir fry vegetables for up to 15 minutes, periodically covering the wok to steam the vegetables, stir every 2 or so minutes until vegetables are tender.
7. Serve vegetables over fresh made rice, sprinkle with toasted cashews and enjoy!

Notes:

- Please note all ingredients are organic