



HERE FOR YOU

Easy Stir Fry Recipe



Easy Stir Fry Recipe

- Tools you will need:
 - 1 pan
 - 1 small pot
 - 1 liquid and 1 dry measuring cup
 - 1 flipper to stir



Easy Stir Fry Recipe

- Food you will need:
 - 1-2 bags of frozen veggies
 - 1 dry cup of brown whole grain rice
 - 2 liquid cups of water
 - ¼ - ½ bag of frozen pre-cut chicken
 - Olive oil
 - Salt, pepper, garlic and parsley



Easy Stir Fry Recipe

- Step 1:

- Gather all ingredients and tools



- Step 2:

- Pour water into small pot and set to boil. Add a tsp of oil so water does not boil over and ½ tsp of salt to season rice
- Once boiled, add rice and turn to low. Cover once the boiling stops.

Easy Stir Fry Recipe

- Step 3:
 - Put pan on stove and add 1-2 tbsp of oil
 - Turn heat to medium and heat oil until it freely moves all around pan



Easy Stir Fry Recipe



- Step 4:
 - Add veggies. 1 small bag for 4-6 servings. Use any you like.
 - Add a tsp of salt, and add as much pepper, garlic, parsley or other herbs and spices as you like

Easy Stir Fry Recipe

- Step 5:
 - Cook on medium to high and stir often with your overhead fan on to absorb moisture
 - If it's watery, you can pour some liquid out during or at the end, adding oil as needed
 - Cook until they do not appear to be frozen and still have vibrant colour



Easy Stir Fry Recipe



- Step 6:
 - If desired, add in chicken or other protein source such as precooked meat, tofu or beans.
 - Keep stirring until everything is desired temp and veggies are not over cooked (They will lose their colour).

Easy Stir Fry Recipe

- Step 7:
 - Check one rice to see if it has absorbed all the liquid (typically takes about 30 minutes). Cover and continue to cook on lowest setting until light and fluffy.



Easy Stir Fry Recipe



- Step 8:
 - When rice is done, add to plate or bowl and top with veggie mixture.
 - You can add low sodium and no-sugar added sauces as desired or eat as is. Enjoy!