

Ginger and Sesame Fried Rice with Stir Fried Lettuce

Ingredients

- 1 nut ball or 2 slices tofu or tempeh sautéed per person
- Splash of organic oil – sunflower, olive or avocado oil or water if you want oil free
- 2 cups cooked rice
- 2 tbsp sesame seeds
- 2 tsp tamari or to taste
- 2 tsp of liquid amino acid or 1 tsp maple syrup
- 4 tsp grated ginger
- 1 chilli finely chopped (optional)
- 2 spring onions, white and green cut small
- 1 small iceberg lettuce washed and roughly sliced
- 1 Lebanese cucumber grated
- 2 tbsp pickled cabbage or sauerkraut per person

Method

1. Place the oil in a wok and then add the ginger and onion (and chilli if using) fry for a few minutes then add the sesame seeds and fry for another 2 minutes, add the rice and 1 tsp tamari and the liquid aminos. Stir until heated through and set aside. Taste to see if it needs more tamari.
2. Place the lettuce in the frying pan and stir for a few minutes until lettuce is wilted and still crunchy, add 1 tsp tamari and stir for less than a minute.
3. Serve the rice and lettuce in individual bowls, top with the nut ball or tofu/tempeh, pickles and Lebanese cucumber.



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