

Less than 30 minutes

Serves 3-4

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Ingredients:

Stir-fried greens:

- 1 Tbsp (15ml) peanut or canola oil
- 2cm knob ginger, sliced
- 1 clove garlic, thinly sliced
- 1 packet (300g) PnP Tasty Stem broccoli (or regular broccoli florets)
- ½ packet (150g) PnP young spinach (or leafy green veg of choice)
- ¼-½ green cabbage, shredded

Fried rice:

- ¼ cup (60ml) soy sauce
- 3 Tbsp (45ml) peanut butter, melted
- 3-4 Tbsp (45-60ml) lemon juice
- 1 Tbsp (15ml) oyster sauce
- 1 Tbsp (15ml) peanut or canola oil
- 3 cups (750ml) cooked brown rice
- 1 red chilli, pierced
- Sesame seeds, sliced spring onion and radish, for serving

FLEXITARIAN? NO PROBLEM!

Add stir-fried chicken, beef
or pork strips.

Method:

1. Heat oil in a large pan and fry ginger and garlic for 10-30 seconds.
2. Add vegetables in batches, stir-frying for 2-3 minutes until they turn bright green and become tender.
3. Set aside and keep warm.

4. Whisk together soy sauce, peanut butter, lemon juice and oyster sauce.
5. Heat oil in the pan, add rice and chilli, and stir-fry until rice crisps up.
6. Stir in the sauce.
7. Remove from heat and toss through sesame seeds, spring onion and radish.
8. Serve rice in bowls with heaps of stir-fried greens on top.