

WILD FRIED RICE

INGREDIENTS

1 cup of Wild rice (can substitute for brown rice if preferred)
4 cups of chopped veg i.e. Broccoli, carrots, shredded kale (minus stalky bit), peas, green beans (I use what's on hand)
½ cup of nuts/ seeds- I use cashews, sunflower seeds or pepitas. Add extra crunch and nuttiness plus plethora of nutrients.
¼ cup coconut oil
3-4 cloves garlic- crushed
1-2cm knob of ginger finely grated
1 tbsp sesame oil
2 tbsp soy sauce/ tamari (gf)
Black and white sesame seeds
Spring onions, 3-4 lengths, finely chopped

WHAT TO DO

- ✓ Cook rice per directions. Meanwhile heat coconut oil in wok adding chopped veg and cook until tender. Don't want mush so keep temp med-high and stir frequently.
- ✓ Add rice, garlic, sesame oil, ginger, tamari, and nuts/seeds and stir until rice heated through.
- ✓ Top with sesame seeds and spring onions. Enjoy!

Try adding chopped cooked chicken or additional source of meat protein if preferred. Some like to add a little sweetness, so add 1 tbsp. of honey or preferred sweetener.