

## ASIAN STIR-FRY

### **Ingredients:**

- 1 bunch of kale (8 to 10 stems), chopped
- 1 small bunch of green onions, chopped
- 1 cup green peas, pods removed (or frozen)
- 3 medium carrots, cut into thin long strips
- 2 medium red peppers, seeded and diced
- 3 Tbsp sesame oil (or any other vegetable oil)
- 3 Tbsp soy sauce, low sodium
- 1 Tbsp sesame seeds, toasted (optional)
- 1 Tbsp ginger, minced (optional)

### **Instructions:**

- Preheat oil in a large wok or skillet. Add carrots and ginger. Cook for about 5 minutes.
- Add kale, onions, green peas, and red pepper. Stir well.
- Add soy sauce and sesame seeds. Stir.
- Cook on med to low heat for another 10 minutes.
- Serve hot with rice or egg noodles on the side.

Serves 4



**Tip: to spice up this dish, add a pinch of Chinese Five Spice to the soy sauce before adding it to the vegetables.**

### **Good to know**

*Chinese Five Spice* is a combination of five spices. It contains star anise, cloves, cinnamon, fennel seeds and Szechuan peppercorns. It can be purchased in any oriental supermarket, including T&T.