

# Rainbow Veggie Stir Fry

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

### Sauce

- 1/3 cup gluten-free tamari
- 1/4 cup maple syrup\*
- 1/4 cup toasted sesame oil
- 3 tbsp almond or sunflower butter
- 1 garlic clove, finely chopped
- 2 tsp grated ginger-root

### Stir Fry

- 1 package (227 g / 8 oz) rice or buckwheat noodles
- 2 tbsp Coconut Oil
- Half of a large purple cabbage, thinly chopped
- 2 medium red sweet peppers, chopped
- 8 oz of sugar snap peas
- 1 can (15 oz) navy or garbanzo beans
- 4 tbsp sesame seeds
- Handful of fresh mint

## Instructions:

1. In a small bowl, whisk together tamari, maple syrup (or stevia + water if using instead of syrup) and sesame oil. Once combined, add almond butter, garlic and ginger. Stir to combine and set aside.
2. Bring a large pot of water to a boil and cook noodles to package instructions.
3. In a large frypan, melt coconut oil on medium heat. Add cabbage and red pepper, sauté for a few minutes. Once noodles are done, add them to the stir fry veggies.
4. Finally, add snap peas, beans and sauce. Mix to fully combine and cook just until snap peas are warm. You don't want to overcook them because they taste best with a bit of crunch!
5. Garnish with fresh mint and sesame seeds. EnJOY!

## Notes:

Serves 4 \*Option: 10 drops of stevia and 1/4 cup water instead of maple syrup