

BROWN RICE VEG WOK

INGREDIENTS

- 1 leek
- grated ginger
- 8-10 broccoli florets
- bok choy
- 1 tofu block
- 1/2 red bell pepper
- 2 carrots grated
- 1 small zucchini grated
- 2 cups of cooked brown rice
- vegan stock
- 1 cup shiitake mushrooms
- Tamari sauce
- Sriracha sauce
- 2 Tbsp olive or sesame oil

PREPARATION

1. Start with the rice. Cook 2 cups of rice in 4 cups of water until soft and water absorbed.
2. Heat a wok or a large pan with olive or sesame oil, add the chopped leek, grated ginger, tofu cut in cubes and broccoli florets and sauté stirring constantly.
3. Add red bell pepper cut in stripes, chopped shiitake mushrooms, chopped bok choy and a splash of vegan broth. Cover and cook for a few minutes.
4. Then add shredded carrots and zucchini, combine well and cook for another few minutes.
5. When the veggies are tender but not too soft, add the rice, Tamari and Sriracha sauce, remove from the stove and let it sit for a moment covered to let the flavors come together. You can store the leftovers for the next day and heat it on a dry pan.