

ROAD NOTES HEALTHY RECIPE
(Rvegan_life @ Instagram)

Veggie Stir-Fry with Tofu and Brown Rice



Ready in **15 minutes**

Serves **1 serving**

Ingredients

- ¼ pcs bell peppers
- 2 pcs carrots
- ½ cup red cabbage
- ½ cup enoki mushrooms
- ½ cup oyster mushrooms
- ½ pcs zucchini
- ¼ cup tofu
- 1 clove garlic
- 2 tbsp sesame oil
- 1 tbsp coconut oil
- 1 tbsp lime juice
- ¼ tsp chili
- ½ tsp black pepper
- 1/3 cup brown rice

Preparation

1. Wash and cook the rice as per instructions on the package.
2. Clean veggies and cut them together with the tofu.
3. In a wok or large pan add coconut oil and garlic and cook for 1-2 minutes. Add all veggies and stir fry for 5 minutes.
4. Add the tofu and the sesame oil and cook for 2 more minutes. Add lime juice.
5. Serve together with rice and when ready and sprinkle some sesame seeds on top.
6. Enjoy your healthy meal!

Meal Information

Calories: 660.230

Protein: 0.82 oz

Fat: 0.81 oz

Carbs: 3.82 oz

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