

SPRING IMMUNITY STIR-FRY

PREP TIME
15 MINUTES

COOK TIME
15 MINUTES

SERVES
1-2 PEOPLE



INGREDIENTS

1 ONION, SLICED INTO 1/8 INCH HALF MOONS
1/2 BUNCH GARLIC CHIVES, CHOPPED INTO 1/4 PIECES
1 INCH KNOB GINGER, PEELED AND GRATED
1 BUNCH LACINATO KALE, DESTEMMED AND SLICED INTO RIBBONS
(STEMS CAN BE CHOPPED, BOILED, AND ADDED TO STIR-FRY)
1 BUNCH BOK-CHOY, CORE REMOVED AND SLICED INTO RIBBONS
3 TABLESPOONS AVOCADO OIL (OR ANOTHER NEUTRAL OIL)
1 TEASPOON SESAME OIL
TEASPOON TAMARI (OR SOY SAUCE / COCONUT AMINOS)
1/2 TEASPOON CHILI FLAKES

DIRECTIONS

1. HEAT THE AVOCADO OIL OVER MEDIUM-HIGH HEAT IN A MEDIUM-SIZED, HEAVY-BOTTOMED PAN.
2. WHEN THE OIL JUST BEGINS TO SHIMMER, ADD THE ONIONS. IMMEDIATELY REDUCE THE HEAT TO LOW AND COOK UNTIL THEY START TO SOFTEN AND TURN GOLDEN, STIRRING FREQUENTLY.
3. ADD THE GARLIC CHIVES AND GINGER, STIRRING UNTIL THE MIXTURE BECOMES FRAGRANT.
4. ADD THE KALE AND THE BOK CHOY, STIR TO MIX, AND COVER. LET THE MIXTURE SOFTEN FOR AT LEAST 5 MINUTES.
5. ADD THE SESAME OIL, TAMARI, AND CHILI FLAKES. STIR TO COMBINE AND SERVE IMMEDIATELY.

SERVING SUGGESTIONS:

BONE BROTH SOUP - SIMMER 2-3 CUPS OF THE WELLS BONE BROTH ON THE STOVE. SERVE WITH STIR-FRY MIX, A SOFT-BOILED EGG, & CRISPY GARLIC.

GRAIN BOWL - STEAM THE WELLS ANTI-INFLAMMATORY GRAIN MIX. TOP WITH STIR-FRY MIX, SHREDDED ROASTED CHICKEN OR ROASTED SALMON, TAHINI PASTE, STEAMED SQUASH OR SWEET POTATO, AND TOASTED PUMPKIN SEEDS.

FRIED RICE - SAUTE 2 CUPS OYSTER MUSHROOMS IN AVOCADO OIL UNTIL SOFT. ADD 2 CUPS DAY-OLD RICE COATED WITH 4 WHISKED EGGS, STIR, AND COVER UNTIL THE MIXTURE IS STEAMING. SERVE WITH EXTRA TAMARI AND SLICED AVOCADO.