



Multi-coloured stir fry

(serves 4, as a side dish)

Ingredients:

4-5 stems kale

5 mushrooms

2 steamed small beetroots

1 red onion

1/8 red or green cabbage

1 carrot

1 tablespoon coconut oil to fry

1 tablespoon ghee butter

Or organic butter

1 tablespoon tamari soy sauce or
fish sauce



Direction:

- 1) Wash all vegetable and peel carrot if it is not organic or spray free.
- 2) Slice mushroom and carrot.
- 3) Cut the rest of vegetable into bite size.
- 4) Fry onion, carrot, mushroom and cabbage on a medium heat for about 2-3 minutes or until carrot becomes soft.
- 5) Add kale and beetroot and cook for a minute.
- 6) Turn the heat off (keep the frying pan on the grill) and add ghee butter and soy sauce. Mix well.
- 7) Serve immediately.