

# Stir-Fry Fusion

SERVINGS  
2-4

PREP TIME  
5 MIN

COOK TIME  
15 MIN

TOTAL TIME  
20 MIN

Explore a customizable stir-fry experience tailored to your cravings. With over 100 ways to combine these ingredients, savor and enjoy an effortlessly unique weekly meal.



**ORGANIZING**  
a Plant Based Life.com

## Ingredients

## Directions

Ideal for those busy evenings, this recipe is a go-to for a quick and satisfying weekly meal. Keep this handy list to mix and match ingredients, ensuring your meals stay exciting and never boring.

1

### BASE OPTIONS

- Package Rice (Frozen)
- White Rice
- Brown Rice
- Cauliflower Rice
- Quinoa
- Soba Noodles
- Ramen Noodles

### PREPARE YOUR BASE

■ Prepare your preferred base according to package instructions. *Always read package to ensure only vegan ingredients and if choosing ramen noodles, toss seasoning packet.*

2

### VEGGIE OPTIONS

- Package Frozen stir-fry Veggies
- Fresh Packaged Grocery stir-fry Veggies
- Simple Bok Choy Cuts
- Favorite stir-fry Sauce (*Keep a few different flavors in stock to rotate*)

### PREPARE YOUR VEGGIES

■ Choose your favorite stir-fry veggies. Prepare with your favorite brand of stir-fry sauce (like teriyaki). Over high heat, simply quick cook your veggie and add your preferred amount of sauce. Then cook a bit more to get the flavors to meld together. *Tip: Always keep a package of frozen veggies & stir-fry sauce on hand for a last minute meal.*

3

### PROTEIN OPTIONS

- Asian Flavored Plant Based Chick'n
- Tofu (Original or Seasoned & Prepared)
- Edamame
- Seitan

### PREPARE YOUR PROTEIN

■ Choose a package of plant based chick'n and prepare according to package, make an easy tofu from scratch, buy a seasoned prepared tofu, or get creative with other options.

4

### OPTIONAL TO SERVE WITH:

- Soy Sauce, Low-Sodium Soy Sauce, or Tamari

### ASSEMBLE YOUR CREATION

■ Combine your selected base, veggies, and protein to craft your culinary masterpiece.  
■ Season with your version of soy sauce, if desired.