



Simple | Healthy | Delicious

## Continent Grains Stir Fry

### INGREDIENTS

2-3 sups of Continent Grains

1 - 2 Tbsp cooking oil

1 stalk celery

1 small carrot

1 cup frozen peas

1 tsp brown mustard seed

1/2 tsp dry ginger

1 tsp paprika

1/2 tsp ground cumin

1 tsp ground coriander

1/2 tsp turmeric

Pinch cayenne

1 Tbsp Braggs liquid aminos or soy sauce

1/4 cup cashews pieces or sunflower seeds

**Optional:** 1/4 cup chopped cilantro or parsley



### DIRECTIONS:

1. Follow the instructions on the pouch to cook the Continent Grains.
2. Heat oil on medium-low in a large shallow pan
3. Peel the carrot, slice lengthwise, and dice in small pieces
4. Wash and trim the celery, cut in thin pieces lengthwise, then slice thin
5. Turn the heat to medium high
6. Add the brown mustard seeds and heat in the oil until they start to pop
7. Add the carrots and celery, and cashews or sunflower seeds. Stir-fry for 5 minutes
8. Add the spices and stir-fry for 2 minutes, until mixed well and browned
9. Add the cooked Continent Blend and stir-fry for 5 minutes, until lump free, and mixed well with the veg & spices
10. Stir in the soy sauce or braggs, frozen peas, and 2 Tbsp water, cover and steam for 5 minutes, or until the veggies are tender
11. Stir in the optional chopped parsley or cilantro, and serve