

YOUNG LIVING<sup>®</sup>  
ESSENTIAL OILS

CHEF KATE

CULINARY OIL  
BRAND AMBASSADOR  
& CHEF-TO-THE-STARS



# VEGGIE STIR-FRY WITH BASIL ESSENTIAL OIL



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**SERVES** 2 - 4    **PREP TIME** 10 - 15 min    **COOKING TIME** 10 min

## A NOTE FROM CHEF KATE

*“Basil essential oil adds a blast of flavour to this quick and easy stir-fry. It’s the perfect evening meal and can be ready in before you know it. Cutting the veggies takes a few minutes, but once you start cooking, it’s ready in no time.”*

## INGREDIENTS

- 1 tbsp. Olive oil or coconut oil
- 2 Carrots, medium-sized, peeled & chopped
- 1 Broccoli stem, peeled & chopped
- 1 Red or brown onion, chopped
- 1 Leek *White and tender green parts only*
- 2 Celery stalks, chopped
- 1 Garlic clove, finely diced
- 1 Ginger, small-sized, peeled and finely diced
- 2 Zucchini, medium-sized, chopped
- 1 Capsicum, small-sized, chopped
- 1 Purple and/or green cabbage, chopped
- 2 Spring onions, chopped
- 1 Head of broccoli florets, chopped



## INGREDIENTS CONTINUED

- 1 bunch Bok choy and/or other leafy greens *E.g. kale, Swiss chard, spinach*
- ½ cup Cashews or other nuts *Optional*
- 1 - 2 tbsp. Tamari or coconut aminos, to taste
- 2 drops Young Living Basil essential oil, to taste

## METHOD

1. Thinly slice (or cut into bite size pieces) all the veggies and set aside. The smaller you cut the veggies, the quicker they cook.
2. In a small, separate bowl, mix the tamari or coconut aminos and Basil essential oil and set aside.
3. Heat a large frying pan or wok on medium-high heat and add olive or coconut oil. First, add the harder veggies - carrots, broccoli stems, onions and leeks - and cook whilst stirring for 2 - 3 minutes. Then, add the rest of the veggies, except the leafy greens, and continue cooking while stirring for 4 minutes.
4. Check to see if the veggies are cooked to your liking, add the leafy greens, and stir for 1 - 2 minutes longer.
5. Remove veggies from pan and turn off heat. Stir in the tamari/aminos-Basil essential oil mixture and mix well. Check for seasoning and add a small amount of the tamari/aminos-Basil essential oil mixture if desired.
6. Serve with rice or quinoa.

**TIP:** To ensure the whole meal is ready at the same time, cook some rice or quinoa before you start prepping the veggies.

**NOTE:** Add cubed firm tofu at the end of cooking the stir-fry and heat through if you desire. You can also add cooked chicken or prawn pieces.