

Crunchy Cauliflower Stir-Fried Vegetables with Chilli Lemongrass Edamame



SERVINGS

2

INGREDIENTS

- 200 g edamame with pods, frozen
- 150 g whole grain rice
- 15 g sesame seeds
- ½ cauliflower (approx. 280 g)
- 4-6 tbsp rapeseed oil
- 1 small onion
- 1 medium-sized zucchini
- 100 g baby corn (or carrots)
- 1 red paprika, organic
- 1 spring onion
- sesame oil to taste

for the edamame sauce:

- 1 chilli pepper
- 2 garlic cloves
- 1 stick of lemongrass
- ½ tsp cornstarch
- 1.5 tbsp water
- ½ tbsp coconut sugar
- 1 tbsp soy sauce

for the wok sauce:

- 1 tsp corn starch
- 3 tbsp water
- 1 tbsp coconut sugar
- 2 tbsp soy sauce

NIARIA