

STIR-FRIED MIXED VEGETABLES

(PHAD PAK RUAM)

Easily Digestible



Nutritional Qualities

Different vegetables have different healing qualities. One of the best rules of thumb is to eat a wide variety of different vegetables, as this ensures a wide range of nutrients. Try to bring an assortment of colours, textures and flavours into your selection.

Stir-frying is a popular method of cooking in Asia. Because the oil gets very hot, parasites and bacteria will be destroyed with this method. Yet the inner portion of the vegetable remains nearly raw because the cooking time is short, thus retaining the nutrients and enzymes.

If one is cutting down the use of oil, vegetable broth can be used in combination with just a little oil.

Ingredients*

- Mixed vegetables 3 cups
- Coconut oil/ Sesame oil 2 tbsp
- Vegetable stock 2 tbsp
- Kikkoman soya sauce to taste
- Fresh cane juice (or use an unrefined sweetener) to taste
- Garlic (optional) ½ tsp
- Cashew nuts (dry-fried) ½ cup

*There are no fixed quantities for stir-frying, so you can experiment with different amounts to find the taste and texture that will suit your palate. For example, to make this dish more building - use more oil. To make it more cleansing - use less oil and more broth. Soya sauce, cane juice and garlic are all added for flavour, so you can choose the flavour that suits your taste.

Method

1. Wash and prepare your vegetables. There are many different ways to cut your vegetables, each giving different energetic properties. Cutting vegetables energizes them (as you add some of your Chi as you cut them). Smaller pieces have more energy, making grated vegetables highly energizing. Whole vegetables retain their wholeness and complete energy, and will take longer to cook.
2. Pour a little oil and vegetable broth into a wok over a high heat.
3. When the mixture is hot, add the vegetables and condiments, and stir with a wooden spatula.
4. Keep the vegetables moving so that they do not stick.
5. Cook for a few minutes and serve whilst the vegetables are still warm.



Stir-fries can also be made with the addition of meat, fish or shrimp. The following are examples of combinations you can try:

- Stir-fried vegetables with garlic
- Stir-fried fish with fermented soya bean
- Stir-fried shrimp with ginger
- Stir-fried chicken with cashew nuts

