



Organic Vegetable Stir fry with Orange Infused Rice

Cook Time: 25 Minutes

Orange and local honey infused Basmati rice topped with an organic peppers, tomatoes and kale stir fry.

Ingredients are subject to availability

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Ingredients:

rice

honey

orange

sweet orange spices

bell pepper

squash

onion

tomatoes

ginger

2 garlic cloves

pumpkin seeds

Instructions:

1. Cook the rice: bring 2 cups of water to a boil. Stir in the rice and lower temperature. Simmer on low, covered, for about 10 minutes.
2. Combine the honey, 1 teaspoon grated orange rind, 2 tablespoons orange juice and seasoning packet in a small bowl. Stir into the rice and continue cooking until liquid is absorbed and rice is tender.
3. Meanwhile, slice the bell pepper, squash and onion. Over medium heat, sauté the sliced veggies in 1 tablespoon of toasted sesame oil for about 5 minutes. Half the tomatoes; peel and chop the ginger and garlic. Then add to pan with salt and pepper, to taste, sauté for another 2-3 minutes. Squeeze over any extra orange juice.
4. Transfer stir fry to serving bowl, and sprinkle over pumpkin seeds.
5. Serve the veggie stir fry over rice. Enjoy!