

Vegetable Stir-fry

1 tablespoon grated fresh ginger

2 " lemon juice

2 "honey

1/4 cup(60ml) tomato sauce

1 tablespoon oil

500g vegetables (Trisha uses red capsicum(sliced thinnish), carrot, snow peas, zucchini or bok choy)

2 tablespoon soy sauce

Combine ginger, lemon juice, honey and tomato sauce.

Heat oil in a wok or large frying pan. Stir-fry vegetables until tender. Mix in ginger etc.

Add cooked rice and soy sauce and mix with vegetables.

Dry for about 6 hours