



Everything Herbal

by Cheryl Jabz

HERBS • RECIPES • WELLNESS • NATURALLY

Healthy
FOOD
MADE
SIMPLE



Ginger Basil Asian Veggie Stir Fry



BENEFITS: **Ginger:** Traditionally used to aid digestion.

Basil: Contains beneficial antioxidants.

Snow Peas: Rich in vitamin C and fiber.



INGREDIENTS:

- 1 cup snow peas & 1 cup broccoli florets
- 1 carrot, julienned & 1 red bell pepper, sliced
- 1 tbsp grated ginger
- ¼ cup fresh basil leaves
- 2 tbsp sesame oil
- 2 tbsp low-sodium soy sauce



INSTRUCTIONS:

- 1 Heat sesame oil in a wok.
- 2 Add ginger and cook 30 seconds.
- 3 Stir-fry vegetables for 5–7 minutes.
- 4 Add soy sauce and basil.
- 5 Toss and serve over brown rice.

About This Dish

A quick and colorful stir fry bursting with fresh vegetables, zesty ginger, and fragrant basil. Light, flavorful, and packed with **nutrients**—perfect served over brown rice for a wholesome and satisfying meal.



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