



SHOPPING LIST:

- 1 tbs of olive oil and 1/2 teaspoon of sesame oil. added to heated pan.
- 1/2 moon onions about a 1/4 of an onion
- ginger or galangle - about 1 teaspoon or more if you like it.
- red & green peppers chopped about 1/14 of each.
- 1 cup of Organic frozen peas - NO CAN peas.
- 1 carrot cut in rounds - peeled or scrubbed.
- 1/2 block of steamed organic tofu
- Turmeric - 1/2 teaspoon fresh is best if you can find it.
- shitake mushrooms 1/2 cup sliced
- Thai Basil- 1/2 cup don't be cheap the more the better this stuff is bangin!
- Cilantro - again use as much as u like for flavor.
- Brown Rice 1 cup of leftover rice.
- 1 or 2 tablespoons of fish sauce
- 1 tablspoon of Tamari or Shoyu soy sauce.
- Lime wedges for added seasoning
- Tomato wedges for garnish - optional