



The Gathered Green
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ROUND BEAN & CARROT STIR FRY

Thank you angsarap.net for this recipe, and for the picture.

Serves 4

Ingredients

- 2 teaspoons coconut oil
- 3 cloves garlic, minced
- 1 large brown onion, chopped finely
- 1 teaspoon of finely chopped fresh ginger
- 150 grams minced pork
- 250 grams round beans, julienned
- 2 medium carrots, julienned
- 2 tablespoons tamari
- ¼ cup chicken stock (homemade or additive free)
- Freshly ground black pepper





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Method

Heat oil in medium sized wok or pan, on med-high heat.

Sauté garlic, ginger and onions until soft and fragrant.

Add pork mince; stir fry until brown.

Add beans and carrots; stir fry for 2 minutes.

Add tamari and continue to stir fry for 2 minutes, while gently adding stock.

Season with freshly ground black pepper.

Enjoy!

Jane

