

This recipe can be adapted to the veggies of the season; in summer, broccoli, cauliflower and eggplant can be used when they are available, or cabbage, peppers and squashes. Whatever suits you. Try using more of the curry –type spices like whole or powdered cumin and mustard seeds and omitting the soy sauce.

Top with a little cilantro!

**Veggie box stir-fry**

**(with a few of your staples)**

Bok Choy (1/2 head)

Tatsoi (1/2 bunch)

Turnips with (optional) greens

1 Onion

2-3 cloves garlic

*Meat option:*

Chopped chicken, thinly sliced beef or firm tofu

(1-2 cups)

Ground coriander ½ tsp or more

Ground( ½ tsp) or fresh (1”) ginger

Ground Cayenne (very optional)

Toasted sesame’ oil (a few dashes, to taste)

Olive oil

Soy sauce

Kosher salt