

Asian FODMAP Stir Fry Sauce

6 Scallions(greens parts) sliced, **or more if desired

1 inch peeled & grated Ginger

1 cup Coconut Aminos

1/2 Tbs Asian FODMAP Spice Blend

1-3 T Tapioca Flour, pending on quantity you are preparing

Additional Ingredient List

1 c. Water

16 oz. Mason Jar with Lid

Sliced Protein such as Beef, Venison, Chicken etc.

Or Cubes of a firmer Fish such as Salmon or Halibut

Sliced Broccoli or Vegetables of Choice

1 Small Sauce Pot


1 Larger Frying/Saute pan to prepare the meat & veg

1-2 Serving Bowls

1 Spatula or Stir Fry Spoon

***Note:** We cook our meat and vegetables separate to make it easier to portion out serving dishes as desired. It also allows the individual components to retain their individual flavors if being stored/reheated.

***Also:** We like to use good, quality cuts of beef when we make this dish, for a couple of reason. This dish cooks quickly & has fresh, clean flavors. Many times restaurants will use less expensive cuts of meat to save money. The meat is usually fibrous and lacking in flavor. Usually those dishes are drenched in sauces & intended to be eaten with a mound of rice which lessens the textural impact of a tough, stringy piece of meat. **We aren't going in that direction!** We want to choose a cut of meat that we would most enjoy as a steak on the grill. **Quality is best in a dish like this.** Strip Steaks are ideal but Flanks Steaks work fine too.

Slice your meat thin and against the grain! **Happy Spicing !**  **Rebekah**