



Spring Detox Vegetable Stir Fry with Ginger-Lime Sauce

This Spring Detox Vegetable Stir Fry with Ginger-Lime Sauce is a bright, energizing dish that highlights the crisp vegetables of the spring season.

Servings: 3-4

Preparation Time: 25 minutes

Ingredients

For the Stir Fry

- 1 tablespoon **sesame oil** or **olive oil**
- 1 teaspoon grated fresh ginger
- 2 cups green cabbage, thinly sliced
- 1 cup asparagus, cut into 1-2 inch pieces
- 1 cup snap peas
- 1 cup cubed tofu or sliced tempeh
- 1 small carrot, thinly sliced
- ¼ teaspoon **Himalayan pink salt** (adjust to taste)

For the Ginger-Lime Sauce

- 2 tablespoons fresh lime juice
- 1 tablespoon **tamari**
- 1 teaspoon **raw sugar** (optional, for balance)
- 1 teaspoon grated fresh ginger
- ½ teaspoon **toasted sesame oil**
- Pinch **black pepper**

Spring Detox Vegetable Stir Fry with Ginger-Lime Sauce (Cont.)



Ingredients (Cont.)

Optional Garnish

- Chopped cilantro
- **Unsalted toasted pumpkin seeds or sesame seeds**
- Thinly sliced scallions

Instructions

1. Prepare the sauce

In a small bowl, whisk together lime juice, tamari, raw sugar (if using), grated ginger, toasted sesame oil, and black pepper. Set aside.

2. Warm the pan

Heat sesame oil or olive oil in a large skillet or wok over medium-high heat.

Add the grated ginger and cook for 20-30 seconds until fragrant and golden.

3. Cook the vegetables

Add cabbage and carrots to the pan and sauté for 3-5 minutes, stirring frequently.

Add asparagus and snap peas. Continue cooking for 3-4 minutes until the vegetables are tender-crisp and bright in color. Longer cooking will make them more digestible.

Spring Detox Vegetable Stir Fry with Ginger-Lime Sauce (Cont.)



Instructions (Cont.)

4. Add the protein

Stir in the tofu or tempeh and cook for 2-3 minutes, allowing it to warm through and lightly brown. If you're a meat-eater, you could use meat instead and cook it longer.

5. Finish the dish

Pour the ginger-lime sauce over the vegetables and toss gently to coat. Cook for 1 minute more so the flavors combine.

6. Serve

Remove from heat and transfer to serving bowls. Garnish with cilantro, pumpkin seeds, or scallions if desired.
Serve warm.

Serving Suggestions

This stir-fry can be enjoyed on its own as a light meal or served alongside steamed quinoa, millet, or brown rice for a more substantial plate. It also pairs well with a simple bowl of miso soup or lightly sautéed greens.

Spring Detox Vegetable Stir Fry with Ginger-Lime Sauce (Cont.)



While warming, this is excellent for all types during damp spring months. Pitta types should use caution with the warming spices.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

