



Vegetable Lentil Stir Fry

This lentil vegetable stir fry is a balanced Ayurvedic recipe that combines nourishing legumes with seasonal vegetables to support digestion and sustained energy.

Servings: 2

Preparation Time: 30-40 min



Ingredients

- ½ cup cooked lentils (**green** or **red**)
- 1 tablespoon **olive oil** or your preferred cooking oil
- 1-2 cloves garlic, minced
- ½ inch piece of ginger, minced or grated
- ½ small onion, thinly sliced
- ½ medium carrot, julienned or sliced thinly
- ½ small zucchini, sliced
- ½ cup broccoli florets
- ½ cup corn
- 1 tablespoon **soy sauce** (or **tamari** for gluten-free)
- ½ tablespoon **sesame oil**
- ½ teaspoon **chili flakes** (optional)
- ½ tablespoon **rice vinegar** or lime juice
- ½ teaspoon **maple syrup**
- Salt and black pepper, to taste
- Fresh cilantro or green onions, for garnish
- **Sesame seeds**, for garnish

Vegetable Lentil Stir Fry (Cont.)



Instructions

- If using dried lentils, soak overnight to reduce gas and bloating. Rinse and cook them according to package instructions until tender but not mushy. Drain and set aside.
- Heat the oil in a large skillet or wok over medium heat.
- Add the garlic and ginger and cook for about 30 seconds until fragrant. Add the onion and sauté for 2-3 minutes until softened.
- Add the carrots, broccoli, zucchini, and corn. Stir-fry for 5-7 minutes, or until the vegetables are tender-crisp.
- Add the cooked lentils to the skillet and stir to combine. Cook for 2-3 minutes to heat through.
- In a small bowl, mix the soy sauce, sesame oil, rice vinegar, maple syrup, and chili flakes. Pour the mixture over the lentil-vegetable stir fry. Toss to coat evenly. Adjust seasoning with salt and pepper.
- Remove from heat. Serve over warm rice, noodles, or quinoa.
- Garnish with fresh cilantro or green onions and sprinkle with sesame seeds. Serve warm.

Vegetable Lentil Stir Fry (Cont.)



This recipe is excellent for all types during the cold, damp spring months. Vata should use hing to promote better digestion of the lentils.

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*

