



HEALTHY RECIPE

INGREDIENTS

- 2 cups pea shoots
- 1 Tbs extra virgin olive oil
- 2 cloves garlic, minced
- 1 tsp red pepper flakes
- sea salt and pepper to taste

**Add tofu, chicken, or protein of choice if you like!*



Stir-Fried Pea Shoots

Crunchy and Delicious Pea Shoots hold their texture even with a stir fry!



2 servings



15 minutes

INSTRUCTIONS

1. Heat the olive oil in a skillet over medium heat.
2. Add garlic and cook until fragrant, 1-2 minutes.
3. Add red pepper flakes and cook for about 30 seconds.
4. Add in the pea shoots and season with salt and pepper, to taste. Cook for about a minute, stirring constantly. The pea shoots cook down quickly, so make sure you're watching them and turn the heat off before they get too wilted.

***Add any additional protein earlier to brown as pea shoots will cook faster than meat or tofu browns.*

