

Low GI Veggie Stir Fry with Brown Rice (1 Portion)

Time

15–20 minutes

Ingredients

- ½ cup **cooked brown rice**
- ½ courgette (sliced)
- ½ pepper (sliced)
- 2–3 radishes (thinly sliced)
- 1 shallot (finely sliced)
- 1 clove garlic (minced)
- 1 tsp fresh ginger (grated)
- 1–2 handfuls **mixed greens**

Sauce

- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar or lemon juice
- ½–1 tsp sesame oil
- 2 tbsp water

Cooking

- 1 tsp olive or rapeseed oil

Method

1. Heat oil in a pan or wok.
2. Add shallot, garlic, and ginger; cook 1–2 mins.
3. Add courgette, pepper, and radish; stir-fry 4–5 mins.
4. Add greens and cook until wilted (1–2 mins).
5. Stir in sauce and heat through.
6. Serve over brown rice.

Diabetes-Friendly Tips

- Keep rice to ~½ cup cooked
- Fill most of the plate with veg
- Avoid sugary sauces