



## Spelt and vegetable stirfry (Serves 3-4)

### Ingredients:

1 ½ cups wholegrain spelt  
4 eggs beaten  
big bunch of pak choy/broccoletti/  
2 tomatoes chopped  
coriander  
onion  
2 tsp honey  
olive oil  
splash of soy sauce\*



\* denotes non-Tasmanian ingredient

### Method:

Cook the spelt in a rice cooker or saucepan with 3 cups water (double quantity of spelt) until all water is absorbed (if using saucepan bring water to boil then cover with lid and reduce heat, leave for at least 30 mins then check to see if tender).

Meanwhile chop onion finely and fry with a little olive oil until translucent. Add eggs and cook until just set on top then flip. Set to one side and chop into strips when cool.

Use the same pan to stir fry the green veg with honey and a splash of soy sauce.

Combine spelt, egg, green veg and chopped tomato in the pan (to get tasty juices mixed through) then serve garnished with coriander.

