

# Millet & Pumpkin Stir Fry

Makes approx. 4 servings:

- 1T coconut oil
- 1C millet – soaked for 10-20 minutes, drained, then cooked with 2C water, pinch salt over medium heat until water evaporated, stirring often
- 1 small jap pumpkin, finely sliced
- 1/2 head broccoli, broken into florets, lightly steamed, drained
- 1 small brown onion, finely sliced
- 1 clove garlic finely sliced
- 2t ginger, finely sliced
- 2t turmeric root, finely sliced
- 1/2C basil, chopped
- 1C baby spinach
- 1/2C cherry tomatoes
- 1 fresh lime – juiced
- salt and pepper to taste



## Method:

Heat frying pan, add coconut oil and onion, stir fry on medium heat until cooked through. Add garlic, ginger, turmeric and stir fry for one minute. Add pumpkin, and stir fry until cooked through. Add millet, broccoli and stir through. Add lime juice and stir through. Turn off heat and stir in basil, spinach, and cherry tomatoes. Add salt and pepper to your liking. Serve and enjoy :)

Recipe by Amanda Brocket from [therawfoodkitchen.com](http://therawfoodkitchen.com)