



# Pineapple Rainbow Stir Fry on Brown Rice Noodles

#dinner #eggfree #vegetarian #glutenfree #dairyfree

 13 ingredients  30 minutes  6 servings

## Directions

1. Cook your brown rice spaghetti according to the directions on the package. When cooked, immediately run under cold water to prevent from over cooking. Set noodles aside.
2. Heat the coconut oil in a large skillet over medium heat. Add carrots and saute for 5 minutes or until softened. Add the honey and ginger and stir for another minute or until all honey is absorbed. Next add the garlic, snap peas, yellow pepper, red cabbage and tamari and saute for another 5 to 10 minutes. Finally add pineapple chunks, season with salt and pepper to taste and remove from heat.
3. Plate desired amount of noodles and spoon desired amount of veggie mix over top. Garnish with toasted cashews. Enjoy!

## Notes

**More Flavour** Toss your noodles in some extra virgin olive oil and minced garlic.

## Ingredients

- **1 cup** Brown Rice Spaghetti
- **1 1/2 tsps** Coconut Oil
- **3** Carrot (diced)
- **1 tbsp** Raw Honey
- **1 tbsp** Ginger (peeled and grated)
- **1 tsp** Sea Salt
- **2** Garlic (cloves, minced)
- **1 cup** Snap Peas
- **1** Yellow Bell Pepper (diced)
- **4 cups** Purple Cabbage (chopped)
- **2 tsps** Tamari
- **1/2 cup** Pineapple (sliced into small chunks)
- **1 cup** Cashews (toasted)