

# AROMATIC

## Fusion Stir-Fry

### BALI LEMONGRASS CHICKEN STIR-FRY

Ingredients: Free-range chicken, lemongrass, shallots, garlic, long beans, red chili, coconut aminos.

Description: A fragrant Bali-style stir-fry with a fresh citrusy lemongrass aroma and light coconut glaze.

Served with: Steamed jasmine rice.

Macros (per serving): 420 kcal | 22g fat | 40g protein | 18g carbs

### BLACK PEPPER BEEF & BROCCOLI

Ingredients: Grass-fed beef strips, black pepper, gluten-free tamari, garlic, broccoli, and red onion.

Description: A bold and savory dish with a peppery kick and caramelized onion sweetness.

Served with: Black rice.

Macros: 480 kcal | 28g fat | 36g protein | 20g carbs

### GINGER GARLIC PRAWN NOODLE STIR-FRY

Ingredients: Local prawns, rice noodles, Bok choy, bean sprouts, ginger, garlic, sesame oil.

Description: Light yet deeply flavourful — full of crunch, aroma, and freshness.

Macros: 410 kcal | 16g fat | 35g protein | 32g carbs

### CHILI BASIL CHICKEN WITH CASSAVA NOODLES

Ingredients: Sliced chicken breast, cassava noodles, Thai basil, red chili, and coconut aminos.

Description: Aromatic, spicy, and slightly sweet — a gluten-free Thai-inspired Favorite.

Macros: 430 kcal | 20g fat | 38g protein | 28g carbs

MARA

THE HOUSE OF CONSCIOUS LIVING



## COCONUT GINGER BEEF STIR-FRY

Ingredients: Grass-fed beef, coconut cream, ginger, spinach, zucchini, and turmeric.

Description: Creamy, golden, and aromatic — full of Bali's warmth and richness.

Served with: Cauliflower rice.

Macros: 510 kcal | 34g fat | 38g protein | 9g carbs

## TAMARIND GLAZED FISH STIR-FRY

Ingredients: White fish fillet, tamarind sauce, garlic, shallots, long beans, and carrots.

Description: Tangy-sweet and slightly smoky, with a delicate balance of island flavors.

Served with: Red rice.

Macros: 420 kcal | 20g fat | 39g protein | 19g carbs

## BALINESE BEEF & EGGPLANT STIR-FRY

Ingredients: Minced beef, eggplant, chili, ginger, garlic, and kecap manis (gluten-free version).

Description: Deeply savory and slightly caramelized with a spicy undertone.

Macros: 460 kcal | 27g fat | 36g protein | 14g carbs

## CREAMY TURMERIC CHICKEN STIR-FRY

Ingredients: Chicken, turmeric, coconut milk, shallots, spinach, and lime.

Description: Anti-inflammatory golden goodness with a light, silky sauce.

Served with: Black rice.

Macros: 480 kcal | 32g fat | 35g protein | 16g carbs

## SWEET CHILI PRAWN & PINEAPPLE STIR-FRY

Ingredients: Prawns, pineapple, garlic, red capsicum, chili flakes, coconut aminos.

Description: Sweet, spicy, and refreshing — tropical and perfectly balanced.

Served with: Gluten-free rice noodles.

Macros: 410 kcal | 18g fat | 33g protein | 30g carbs

## MUSHROOM & BEEF NOODLE FUSION

Ingredients: Grass-fed beef slices, local mushrooms, gluten-free noodles, garlic, tamari, sesame oil.

Description: Rich umami with earthy notes — a comforting East-meets-West fusion.

Macros: 470 kcal | 25g fat | 37g protein | 22g carbs