

Vegetable Stir Fry with Teriyaki Sauce

Prep: 15 minutes

Cook: 10 minutes

Serves: 4-6



Chef Suzanne Landry

2 tablespoons vegetable oil
1 tablespoon dark toasted sesame oil
1/2 teaspoon sea salt
1 large carrot cut on a thin diagonal
1/2 red pepper
1/2 red cabbage sliced
1 stalk of broccoli cut into bite size pieces

Teriyaki Sauce

1/2 cup soy sauce
1/2 cup water
2 teaspoons cornstarch
1 teaspoon ginger juice, grated (see below) or 1
teaspoon dried ginger
1 garlic minced
1 tablespoon white vinegar
1 tablespoon sugar



1. For teriyaki sauce, combine soy sauce, water, and cornstarch in a small pot. Stir to dissolve. Add ginger juice, garlic, vinegar, and sugar. Simmer on low, while stirring, for 1-2 minutes or until it thickens. Remove from stove and set aside.
2. Preheat oils in frying pan. Add carrots and sauté for 2 minutes on medium-high heat. Add cabbage, and red pepper; cover and cook for 1-2 minutes.
3. Increase heat to high and wait a minute until the pan gets hot. Now add broccoli without stirring. Quickly add 2 tablespoons of cold water and salt to the pan and replace lid immediately. Cook at high heat for another 3 minutes. Broccoli will brighten in color but still feel firm when poked with a fork. Serve immediately.

Chef's Notes: Longest cooking vegetables: carrots cut diagonal or into matchsticks; string beans cut in half; red, green, or yellow bell peppers sliced; red or green cabbage sliced; broccoli cut into bite size pieces; cauliflower cut into bite size pieces. Quicker cooking vegetables: bok choy or napa cabbage sliced; green zucchini squash sliced diagonally or into matchsticks; yellow summer squash sliced diagonally or into matchsticks; snow peas or snap peas; mung bean sprouts; bok choy. For a hot and spicy sauce, add 1/4 teaspoon of hot red pepper flakes. For sweet and sour add 1 teaspoon of apple cider vinegar and 2 teaspoons of sugar to the sauce. You don't need to peel ginger. With a handheld cheese grater, grate ginger into a small ball of pulp. Squeeze this pulp in the palm of your hand into the sauce, and discard pulp.

Serve over brown rice. If you choose, you can add precooked chicken, shrimp, or beef during the last few minutes of cooking. This is an excellent way to get your family to eat more vegetables and less meat.