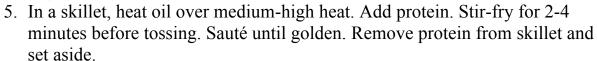
# Stir-Fry Recipe

# Ingredients:

Stir-Fry	Sauce	Grain
125 mL protein	See reverse for sauce	125 mL grain of
2.5 mL aromatics	choices and	choice
5 mL cooking oil	ingredients	
120 mL chopped vegetables		water according to
2.5 mL garnish		directions

### Directions:

- 1. Fill small pot with water and bring it to a boil. Add grain to boiling water and lower temperature to a simmer. Cover and cook according to directions.
- 2. Meanwhile, combine all the sauce ingredients in a small bowl. Set aside.
- 3. Cut protein into about 1cm cubes or strips. Set aside.
- 4. Finely mince flavourings. Cut up all vegetables into large dice. Set aside.



- 6. Wipe pan with paper towel if necessary. Add more oil if necessary and return pan to medium-high heat.
- 7. Add aromatics. Fry for 1 minute or even less, just until the aroma is released. Do not burn!
- 8. Add vegetables to skillet, starting with the ones that take the longest to cook. Stir-fry about 5 to 10 minutes, until vegetables are tender-crisp.
- 9. Add protein back to pan. Add sauce and heat until sauce thickens and bubbles. Stir to combine. Serve over grain of choice.



# 6 Easy Stir-Fry Sauces

adapted from sweetpeasandsaffron.com

### **Ingredients**

#### **Coconut Sweet Chili Stir Fry Sauce**

- 200 mL/ 1/2 can of full fat coconut milk
- 1/4 cup sweet chili sauce
- 2 tablespoons soy sauce
- 2 teaspoons lime juice
- 1/2 teaspoons red pepper flakes

### **Maple Ginger Stir Fry Sauce**

- 3 tablespoons soy sauce
- 5 tablespoons maple syrup
- 1 teaspoon sesame oil
- 1/4-1/2 teaspoon red pepper flakes to taste
- 2 tablespoons ginger grated finely
- 1 teaspoon corn starch

Thai Lime & Basil Stir Fry Sauce - Add the basil to the stir fry just before serving.

- 2 tablespoons soy sauce
- 1 tablespoon fish sauce
- 3 tablespoons brown sugar
- juice of 2 limes 3 tablespoons
- 1 teaspoon cornstarch
- optional: 1 Thai chili chopped (remove seeds for a less spicy version)
- 1 bunch basil leaves (add fresh)

### **Lemon Sesame Stir Fry Sauce**

- 1/2 cup chicken stock
- Juice of 1 lemon 2.5 tablespoons
- 1 tablespoon sesame oil
- 3 tablespoons brown sugar
- 2 tablespoons soy sauce
- 1 teaspoon corn starch
- 2 teaspoons sesame seeds

Hoisin Peanut Stir Fry Sauce - heat it through quickly when adding to the pan so it doesn't dry out

- 1/4 cup creamy peanut butter
- 3 tablespoons hoisin sauce
- 2 tablespoons water
- 2 tsp lime juice
- 1/2 tsp red pepper flakes

#### **Honey Sriracha Stir Fry Sauce**

- 1/4 cup honey
- 2 tablespoons soy sauce
- 1-3 teaspoons sriracha
- 1 tablespoon ginger finely chopped
- 1 clove garlic minced
- 1 teaspoon cornstarch

#### Instructions

- 1. Combine all ingredients in a bowl or measuring cup.
- 2. Use immediately or freeze for up to 3 months.