

Stir-Fry Recipe

Ingredients:

Stir-Fry	Sauce	Grain
125 mL protein 2.5 mL aromatics 5 mL cooking oil 120 mL chopped vegetables 2.5 mL garnish	See reverse for sauce choices and ingredients	125 mL grain of choice water according to 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.
5. In a skillet, heat oil over medium-high heat. Add protein. Stir-fry for 2-4 minutes before tossing. Sauté until golden. Remove protein from skillet and 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.