

Basic Stir Fry

Can be vegan, gluten-free. Allergens: soy

Serves 4

Ingredients

- 2 tablespoons canola oil
- 2 cloves garlic, minced
- 1 tablespoon ginger, grated
- 1 14-ounce package firm tofu, drained and cubed
- 1 cup broccoli, cut into small florets
- 2 cups mushrooms, sliced
- 1 cup red bell pepper, sliced
- 1 lemon, halved (optional)
- 1 tablespoon sesame seeds

Sauce

- ¼ cup reduced-sodium tamari or soy sauce
- 1 tablespoon corn starch
- 1 teaspoon rice vinegar
- ½ teaspoon sesame oil
- Optional: 1 tablespoon sugar (brown sugar, agave, etc.)

Instructions

1. Heat wok or large skillet over medium heat. Swirl in 1 tablespoon oil.
2. Add garlic and ginger and cook for about 10 seconds
3. Add tofu and arrange in a single layer. Cook for about 2 minutes, undisturbed, on one side until browned, adding more oil if it is sticking. Turn tofu over and cook for 1-2 more minutes. Remove from pan.
4. Add remaining oil to pan. Add broccoli and cook for 2 minutes, then mushrooms for 1-2 minutes, then bell pepper for 1-2 minutes, stirring occasionally, until just tender. Add tofu back to pan.
5. Add sauce and toss to coat. Remove from heat.
6. Garnish with sesame seeds and a squeeze of lemon (optional).

Stir Fry Template

1 part protein
+
1 part grains
+
2-3 parts vegetables

Tip: Proteins

Tofu:

- Choose firm or extra firm
- Cook alone in the pan, otherwise it will crumble too much
- Can dust with corn starch before cooking to make the outside crisper
- Can freeze tofu to make it chewier and more porous to absorb more sauce. Thaw before cooking

Chicken/Pork/Beef – bite-sized pieces

- Velveting: Coat meat in egg white, rice wine vinegar, corn starch, and salt and marinate for 30 minutes. Briefly cook in water with 1-3 teaspoons oil. Remove, then cook as usual.
- Tenderize with baking soda: Toss meat with baking soda (1-2 teaspoons) and cover with water. Let sit for 15 minutes, then rinse very thoroughly and cook as usual.

General Stir Fry Instructions

1. Heat pan and swirl in oil
2. Aromatics: cook for 10 seconds
3. Protein: cook until browned on outside, remove
4. Veggies: cook until just tender, add back protein
5. Add sauce

Optional:

- Add squeeze of lemon or lime
- Garnish: green onion, toasted peanuts or cashews, hot sauce

