

JOURNEY TO HEALTHY EATING

Vegetable Stir Fry with Asian Peanut sauce

Pro-Tips - Before You Start

- *Stir frying is a quick cooking method. For success chop all the vegetables and have the sauce ready before you start cooking.*
- *Hard vegetables take longer to cook. My preference is to blanche them and toss them in at the end. (hard vegetables include carrots, broccoli and cauliflower) Chopping and [blanching](#) can be done the night before.*
- *A wok is not necessary, however use a large pan that will allow ease in moving the vegetables around quickly and easily as this will prevent overcooking.*
- *Organize the vegetables and start with the vegetables that take the longest to cook.*
- *Have a lid handy to trap in the heat and moisture as needed.*
- *For additional tips check out [How to Sauté Vegetables without Oil](#) and [Oil Free Cooking Vegetable Stir Fry](#)*

INGREDIENTS

Vegetables

- 1½ cups broccoli, cut into florets
- ¾ cup carrots, diagonally sliced
- 1 medium onion, chopped
- ¾ cup sugar snap peas
- 6 white or brown mushrooms, sliced
- ½ red bell pepper, chopped
- 3 cups (1 bag) bean sprouts
- 4 Tbsp water mixed with 1½ Tbsp cornstarch (This is optional. I like to use it at the very end, just before serving as lots of juice will be released from the vegetables and the cornstarch slurry is used to thicken the juices and form a sauce that will coat the stir-fried vegetables).

DIRECTIONS

1. Preheat pan before adding vegetables. Add onions, sugar snap peas, mushrooms, and bell pepper to the pan. With a hot pan the vegetables will quickly roast. If the pan needs a bit of moisture cover vegetables briefly, only a minute or so. This will help the vegetables release their juice. Remove lid and toss vegetables.
2. Add the bean sprouts and toss. Cover with lid for another minute or two.
3. Add the blanched vegetables and Asian Peanut Sauce (recipe below). Toss well to coat vegetables with the sauce. If necessary, cover for another minute just enough to soften the bean sprouts, not cook them.
4. If desired thicken the sauce. Push the vegetables to the side of the pan to isolate the juices as much as possible. While adding the cornstarch slurry to the hot liquid continue stirring until the mixture has thickened. Do another final toss to combine the sauce with the stir-fried vegetables and serve as is or with rice or noodles.

Asian Peanut Sauce

INGREDIENTS

Asian Peanut Sauce

- 2 Tbsp soy sauce
- 3 Tbsp brown rice vinegar
- 3 cloves garlic, minced
- 1 tsp fresh grated ginger
- 2 Tbsp peanut butter
- 1 tsp Sambal Oelek (ground chili paste), optional

DIRECTIONS

1. In a small sauce pan over medium low heat add soy sauce, rice vinegar, garlic, and ginger. Bring mixture to simmer to fuse the flavors and take the rawness out of the garlic.
2. Remove from heat and add peanut butter and if using the ground chili paste. The warmth of the sauce will melt the peanut butter. Stir to mix.
3. Use with stir-fries, with rice or noodles.