



Asian Stir Fry

Serves 4-6

3 Tbsp [avocado oil](#) (or high heat neutral oil)
2 cups broccoli or cauliflower (separated into bite-sized florets)
1 medium onion, sliced 1/4" thick
1 inch ginger, sliced in 4 and mashed
1 large or 2 medium carrots, cubed or sliced into 1/2" pieces
4 cloves garlic, mashed
2 Tbsp. [Shaoxing](#)/dry cooking wine (like dry sherry or Sauvignon blanc)

3 pieces scallions, sliced thinly

Protein, choose 2 cups of either:

Boneless meat, shrimp or tofu (sliced into bite-size portions of around 1 inch; if using shrimp, remove head and shell)

Veggies, choose 2-3 cups combination of (go for color):

Corn, peas, bell pepper, mushrooms, tomatoes, summer squash, green beans, bok choy (slice large ones into bite-sized pieces)

Sauce

1/2 cup water
2 Tbsp [Tamari soy sauce](#)
2 tsp [fish sauce](#)
1 tsp [coconut or brown sugar](#)
1 Tbsp thickener such as [potato starch](#), [arrow root](#), corn starch or all purpose flour

Optional:

Chili or [sesame oil](#), for drizzling
[Roasted sesame seeds](#)

Gadgets

Wok or Large skillet
1 medium and 1 small tempered bowl
Colander
Dish towel

Ingredients in blue are linked to Amazon Pantry for one-click ordering

Note: Asian stir fry is best served over rice or noodles. Pls. prepare ahead of class