

Teriyaki Stir Fry

Ingredients (Serves 1-2)

- Onion *sliced* ¼ cup
- Cabbage *sliced* ¼ cup
- Carrot *julienne* ¼ cup
- Broccoli *cut* ¼ cup
- Soy sauce ½ cup
- Brown Sugar ¼ cup
- Garlic *minced or pressed* 2 cloves
- Salt and Pepper to taste
- Oil 2 tbsp



Instructions

1. If cooking grains start white rice first, set the timer to ten minutes. If most of the water has cooked off by then, turn off heat and fluff rice with a fork, letting it steam until the rest of the meal is ready. Soak rice noodles in warm water before starting rest of prep as well.
2. If cooking protein prepare first by thinly cutting chicken or tofu etc and fry until browned on one side, flip
3. Add the cut onion, cabbage, carrots, and broccoli.
4. Add the soy sauce, bring to a simmer then add the brown sugar
5. Wait until the sauce reduces (thickens), then the dish is done!

Optional

- Add protein with chicken, tofu, salmon, tempeh, garbanzo beans, cashews, sausage, etc!
- Sesame seeds, mango, pineapple, bok choy, mushrooms, are all tasty add ons.
- Pump up your teriyaki sauce with sesame oil, garlic, ginger, or lemongrass.
- This recipe is delicious served over a grain: rice noodles, soba noodles, white or brown rice, quinoa, or even as a savory oatmeal with an egg on top.

Notes

- ★ Buying pre-made sauces is cheap and easy too! They come in many forms!
- ★ Don't have Brown Sugar? If you have molasses and white sugar you can mix them together by combining ~½ cup of white granulated sugar to ½ tbsp of molasses)
- ★ Let's talk rice :0
 - If you've ever washed and drained rice you've probably noticed the water doesn't run clear. What you're actually washing away is the bit of rice flour produced from the rice rubbing against each other in the packaging. Our ancestors knew this quite well, which is why you may have the physical urge to hit a rice bag, as it's almost instinctual for us to create this rice flour, leading to a more sticky rice as an end product.
 - Recap: When washing rice, the more you wash, the less sticky the rice will be.

- Hint: Some people salt, add stock, garlic, and a lot more to their rice. Feel free to experiment, although you can never go wrong with some aromatic pure, white jasmine rice!

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