

Vegetable Stir-fry with Teriyaki Sauce

Serves 6

INGREDIENTS

Teriyaki Sauce

¼ cup (60 milliliters) low-sodium tamari or soy sauce

1 tablespoon (15 milliliters) mirin or rice wine vinegar

2 tablespoons (30 milliliters) sugar or date paste

¾ cup + 2 tablespoons (180 milliliters + 30 milliliters) water

1 heaping teaspoon (5 milliliters or more) chili garlic sauce or 3 to 4 whole Thai bird chilies, optional (for spicy version)

½ teaspoons (7.5 milliliters) cornstarch

Vegetable/Other Ingredients

1 red bell pepper, thinly sliced

1 small white onion, sauté sliced

¼ head green cabbage, thinly sliced

1 head broccoli, cut into florets (about 1-inch in size)

2 large carrots, julienned

¼ pound (110 grams) snap peas, cut on a bias into ½-inch pieces

4 scallions, finely sliced

3 cloves garlic, minced

1 tablespoon (15 milliliters) minced fresh ginger

2 tablespoons (30 milliliters) high-heat cooking oil, such as sesame, grapeseed, peanut, or canola oil, optional (see Notes)



This is a great base recipe that can be varied endlessly to suit your taste preferences or whatever veggies you have on hand. If you prep the vegetables and whole grains to serve ahead of time, you can have this on the table in minutes.

INSTRUCTIONS

1. Whisk together tamari/soy sauce, mirin/rice wine vinegar, sugar, ¾ cup (180 milliliters) of water, and chili sauce/chilies (optional) for the teriyaki sauce and set aside.
2. Add cornstarch to a very small dish and add 2 tablespoons (30 milliliters) of cold water; stir until dissolved and set aside.
3. Prep all vegetables and set near your burner. Heat a wok or large sauté pan over high heat. Working in batches, add some of the oil and a single layer of vegetables to the pan and cook, stirring/tossing frequently, until a bit softened but still crisp to the bite (2 to 3 minutes per batch). Set aside until all vegetables are cooked.
4. Whisk teriyaki sauce ingredients, making sure to stir in the sugar that has settled on the bottom of the bowl and pour into the empty hot pan; cook, stirring, until boiling. Stir cornstarch mixture in the small dish and then drizzle into sauce mixture in the hot pan while stirring. The sauce should bubble and thicken within a few seconds. Remove from heat and toss all cooked vegetables in the pan with the sauce. Serve immediately with whole grain rice.

NOTES

- Meal prep tip: If you want to prepare the dish ahead or save leftovers for later, don't mix the sauce and vegetables together in Step 4. Keep sauce and vegetables separate until you're ready to serve them. The salt from the soy sauce/tamari will cause the vegetables to become mushy and watery if stored mixed together.
- No-oil version: If you prefer to omit the oil, then you'll be using a variation of water sauté. For this method, it is best to use a nonstick skillet and add about twice as much water as you would add if you were using the oil. Instead of adding the water ahead of time as you would with oil, add it after starting to cook the vegetables. Allow the vegetables to brown slightly in the pan before adding the water, though if they start to stick or the pan gets too hot, add the water at that point. The steam released when the water hits the hot pan helps to finish cooking the vegetables. Vegetables cooked with this method will not brown as much or develop as much flavor as those cooked with oil but should still be tasty when paired with the sauce.
- This recipe lends itself well to adding protein, such as roasted tofu, shrimp, sliced chicken, or other sliced meat. To add, stir-fry protein in a bit of oil until cooked through—about 2 to 3 minutes; remove from pan, set aside, and proceed with cooking vegetables and other recipe steps as above. Alternatively, you can pre-roast tofu and add near the end of cooking the vegetables.
- This recipe contains about 7 to 8 cups of chopped/sliced vegetables—you can substitute all or any portion of the vegetables in this recipe with other chopped/sliced vegetables of your choice.

Nutritional Info (per ½ recipe): Calories 147, Total Fat 5.2 g, Saturated Fat 0.7 g, Cholesterol 0mg, Sodium 722 mg, Total Carbohydrate 22.2 g, Dietary Fiber 5.8 g, Sugars 10.9 g, Protein 6 g, Vitamin A 31%, Vitamin C 244%, Calcium 10%, Iron 11%

► To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.
