

# Broccoli/Pineapple Stir-fry

It's tangy, tasty and terrific! You're being good to yourself with this large dose of cruciferous vegetables. Powerhouse broccoli, with onion, sliced water chestnuts and browned mushrooms are paired with fresh pineapple, toasted/sliced almonds and marinated/grilled tofu in a tangy Asian sauce. Flavors and textures galore live in this meal!

**Preparation time: 45 minutes - Servings: 2 (plus leftovers)**

## Organize Your Ingredients!

### Notes on Organizing

Making a stir-fry is always more enjoyable when you prep and organize all ingredients before you start cooking. Toast almonds as part of prep.

### Brown Rice

1 C. brown rice  
plus  
2 C. water  
and  
1/4 C. almond milk  
mixed with  
  
1/2 tsp. coconut extract

### Garnishes

juice from 1/2 of a lime  
1/4 C. slivered almonds (toasted)  
2 green onions (chopped)

### First Thing!

Put brown rice on to cook!

Bring rice ingredients to a boil, reduce heat to medium-low, cover and set a timer for 25 minutes.

### Stir-fry

2-1/2 C. broccoli (washed and chopped)  
1 tsp. canola oil  
5 large cremini mushrooms (sliced)  
pinch of salt  
  
1 tsp. sesame oil  
2 cloves garlic (smashed and chopped)  
2/3 C. chopped yellow onion  
  
1 tsp. sesame oil  
1 T. low-sodium soy sauce  
1 C. low-sodium vegetable broth  
1 tsp. Asian garlic/pepper sauce  
3 T. rice wine vinegar  
  
2 T. cornstarch  
dissolved in  
1/2 C. cold water  
  
one 6 oz. can sliced water chestnuts (drained)  
1-1/2 C. pineapple spears (chopped into cubes – use canned if no fresh is available)  
2 -1/2 C. marinated grilled tofu or baked Asian-style tofu (broken into pieces)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Now that the rice is cooking and prep completed, let's get started. You'll need a 12" deep-sided sauté pan or a wok for the stir-fry and a vegetable steamer. That's it.

### Stir-fry

1. Bring 3/4 C. water to boil in the bottom of the pan. Place chopped broccoli in the top of the steamer pan, cover and steam for 4 minutes. Remove from heat and shock with cold water.
2. Using a large, deep-sided pan or wok, brown the sliced mushrooms in canola oil over medium-high heat. When browned, sprinkle with a pinch of salt and remove from pan.
3. Measure sesame oil into pan and toss garlic and onion until garlic starts to brown.
4. Add another teaspoon sesame oil, soy sauce, broth, pepper sauce, and rice wine vinegar to garlic and onion mixture and bring to a boil. Cook 2 minutes.
5. Thicken with cornstarch mixture. Reduce heat to medium-low and cook 5 minutes. Stir occasionally.
6. Add steamed broccoli and return to a light boil. Add water chestnuts, pineapple pieces, browned mushrooms, and tofu pieces. Return to a boil and toss 1 minute.

Plate the meal.

### Plate Meal/Garnishes

Measure 2/3 cup cooked rice onto each serving plate and top with 2 C. broccoli/pineapple stir-fry.

Garnish each serving with a drizzle of lime juice.  
Sprinkle with toasted almonds and sliced green onions.

### What I've Learned from this Recipe

I steam the broccoli before I add it to the stir-fry. Steaming ensures a consistent cook of the broccoli while bringing out the vivid green color of this cruciferous marvel.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)