

Broccoli/Cashew Stir-fry

Broccoli is still in season. It's featured in a tasty stir-fry with roasted cashews, browned mushrooms, red bell peppers, onions, crunchy water chestnuts and fresh pineapple. I call it a broccolishous combo. It's served over coconut rice.

You're the chef so you'll get the kudos.

Preparation time: 40 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Put rice on to cook first. (See Basic Assembly Instructions on the next page.)

Once rice is cooking, prep all items. Stir-fries are simple when everything's ready to go.

Brown Rice

Rice:

- 1 C. rice
- 2-1/4 C. water
- 1/2 C. nonfat milk
- 1/2 tsp. coconut extract

Plant-based Choice or Chicken Option

Plant-based Choice:

- 1 tsp. olive oil
- 18-20 Chick'n Strips
- 1/4 C. white wine

- or -

Chicken Option:

- 1 tsp. olive oil
- 1 boneless, skinless chicken breast
- 1/2 C. white wine

Broccoli/Cashew Stir-fry

- 3 C. broccoli (cut into 1" pieces)
- 1 tsp. canola oil
- 1 C. white or cremini mushrooms (sliced)
- 2 cloves garlic (smashed and chopped)
- 1 tsp. sesame oil
- 2/3 C. yellow onion (chopped)
- 2/3 C. red bell pepper (seeded and cubed)
- 1/2 C. white wine
- 1 C. low-sodium vegetable broth
- 2 tsp. low-sodium soy sauce
- 1/2 tsp. Chinese pepper sauce
- 2 T. rice wine vinegar
- 1/2 tsp. fresh grated ginger

- 1 T. cornstarch
- mixed with
- 1/3 C. water

- 1 can sliced, peeled water chestnuts (drained)
- 1 C. fresh pineapple (chopped)
- 3/4 C. commercially roasted, unsalted cashews
- juice from 1/2 of a lime

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Cook the rice first. Bring all rice ingredients to a hard boil. Reduce heat to medium-low and let the boil settle a little. Cover and set a timer for 25 minutes. Making a stir-fry is always more enjoyable when you prep and organize all ingredients before you start cooking.

Plant-based Choice or Chicken Option

Plant-based Choice:

Measure olive oil into a medium-sized sauté pan and brown strips on all sides. Add white wine, toss briefly, cover and remove from heat. When cool enough to handle, slice lengthwise.

- or -

Chicken Option:

Measure olive oil into a small nonstick fry pan. Brown chicken breast over medium-high heat. Add white wine, reduce heat to low, cover and cook 5 minutes per side. Remove from burner and let cool. Slice before adding to the stir-fry.

Broccoli/Cashew Stir-fry

1. Steam broccoli over 3/4 C. boiling water for 4-min. Remove from heat. Shock with cold water.
2. Measure canola oil into large, heavy-bottom sauté pan or wok, add and toss sliced mushrooms over medium-high heat until they brown. Add 1/2 of the garlic and toss with mushrooms until garlic becomes fragrant. Remove from pan and set aside.
3. Add sesame oil and remaining garlic, onion and peppers to the pan. Toss over high heat until onions begin to brown on the edges. Remove from pan. Set aside with mushrooms.
4. Measure wine, broth, soy sauce, pepper sauce, vinegar and freshly grated ginger into the same pan or wok and bring to a boil. Thicken with cornstarch/water mixture. Reduce heat to low and cook 5-minutes, (stir occasionally).
5. Reserve 2/3 C. of broccoli for later in the week, and store in fridge. Add remaining broccoli, onions/peppers mixture, water chestnuts, chopped pineapple and meat choice to the stir-fry sauce. Bring to a boil. Toss about 30 seconds to coat all items. Remove from heat.
6. Fold in cashews and drizzle stir-fry with juice from 1/2 of a lime.

Plate the meal

Press 2/3 C. rice into a soup ladle to mold and place a dome in the center of each plate. Spoon 2 C. stir-fry over and around the mound of rice.

What I've Learned from this Recipe

Always wait to add nuts to dishes like stir-fries until just before you serve them. They'll remain firm and crisp if they don't sit in the sauce too long.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com