

# Broccoli/Ginger Stir-fry

Harvests are coming to a close so make a broccoli stir-fry tonight and add some fresh seasonal sweet peppers and onion. Enjoy the fresh local veggies while you can. You'll add browned mushrooms, sliced water chestnuts and marinated tofu to fill out the variety of flavors and textures of this meal.

This stir-fry sauce has lots of interest with notes of fresh ginger and orange juice.

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Start the rice before you begin prepping items. Making a stir-fry is always more enjoyable when you prep and organize all ingredients before you start cooking. Tonight there are two preps for the onion: 2/3 C. quartered slices of onion for the Broccoli Stir-fry and 1/3 C. finely-chopped onion for the Spicy Ginger Sauce.

### Brown Rice

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

### Broccoli Stir-fry

3 C. broccoli (cut into 1" pieces)  
1 tsp. canola oil  
1 C. white or cremini mushrooms (sliced)  
1 tsp. canola oil  
2/3 C. yellow onion (sliced - slices quartered)  
2/3 C. red bell pepper (seeded and cubed)

### Garnish and Fruit Finish

#### Garnish:

1/4 C. roasted peanuts (chopped)  
1/2 of a lime

#### Fruit Finish:

2 large purple plums (pitted and quartered)

### Spicy Ginger Sauce/Final Assembly:

1 tsp. sesame oil  
2 cloves garlic (smashed and chopped)  
1/3 C. onions (finely-chopped)  
1/2 C. white wine  
1 C. low-sodium vegetable broth  
1 C. orange juice  
2 tsp. low-sodium soy sauce  
1 tsp. fresh ginger (grated)  
3 T. rice wine vinegar  
1/2 tsp. Chinese pepper sauce

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

1/4 C. fresh cilantro (chopped)  
2 squares baked tofu (one 7 oz. package)  
1 can sliced, peeled water chestnuts (drained)

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

### Basic Assembly Instructions

Stir-fries flow pretty intuitively. Just follow the order and you'll be done in no time.

Place all ingredients for rice in a medium saucepan and bring to a boil. Reduce heat to medium-low, cover the pan and cook for 25 minutes. Set a timer.

### Broccoli Stir-fry

1. Steam broccoli over 3/4 C. boiling water 4 minutes. Remove from heat. Shock with cool water.
2. Measure canola oil into large, heavy-bottom sauté pan or wok and toss sliced mushrooms over medium-high heat until browned. Remove from pan and set aside.
3. Add additional oil, onions and peppers to the pan. Toss over high-heat until onions begin to brown on the edges. Remove from pan. Set aside with mushrooms.

### Spicy Garlic Sauce/Final Assembly

#### Spicy Garlic Sauce:

1. Using the same pan used for mushrooms, combine sesame oil, prepped garlic and onions. Toss over high heat until garlic begins to brown.
2. Add wine, vegetable broth, orange juice, low- sodium soy sauce, grated ginger, rice wine vinegar and pepper sauce. Return to boil. Reduce heat and cook 3-minutes.
3. Thicken with cornstarch mixture and cook over low heat 5 minutes.

#### Final Assembly:

1. After sauce has cooked 5 minutes, add chopped cilantro and stir well.
2. Return steamed broccoli and all vegetables to the pan. Add baked tofu (broken into bite-sized pieces) and water chestnuts.
3. Return to a boil and serve.

### 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.

Garnish each plate with chopped peanuts and a squeeze of lime juice. Serve plums on the side.

### What I've Learned from this Recipe

Always wait to add nuts to dishes like stir-fries until just before you serve them. The squeeze of lime juice over each serving helps bring all of the flavors forward.

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