

Snow Peas with Asian-style Orange Sauce

Snow peas and sugar snap peas are seasonal flavors everyone should sample this time of year. Tonight, snow peas will be paired with bell pepper, sliced onion and water chestnuts in a slightly spicy orange/cilantro sauce. It's served with plant-based Chick'n, or optional chicken, over nutritious brown rice.

You should still be able to get fresh snow peas (or even sugar snap peas) this time of year. If not, frozen snow peas will do.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize the ingredients before you get started so they are easy to add.

Prep 4 cloves chopped garlic tonight: 2 for the orange sauce and 2 for the stir-fry. There are two onion preps: 1/4 C. finely chopped onion for the orange sauce and 3/4 C. thin-sliced sweet onion for the stir-fry.

Brown Rice

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

Plant-based Choice or Chicken Option

Plant-based Choice:

1 tsp. canola oil
20 Morningstar Chick'n strips (or equivalent)
1/4 C. white wine
- or -

Chicken Option:

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

Cilantro/Orange Sauce

1 tsp. sesame oil
2 cloves garlic (smashed and chopped)
1/3 C. white wine
1/4 C. onion (finely-chopped)

1/2 C. low-sodium vegetable broth
2 T. rice wine vinegar
2 tsp. low-sodium soy sauce
1/2 tsp. fresh ginger (grated)
3/4 C. orange juice
1/2 tsp. zest from 1 orange
1/4 tsp. Asian garlic/pepper sauce
1/2 tsp. yellow curry powder
1/2 tsp. ground coriander

1 T. cornstarch
dissolved in
1/3 C. water
1/4 C. fresh cilantro (lightly chopped)

Snow Pea Stir-Fry

8 medium white mushrooms (sliced)
2 tsp. canola oil

1 tsp. sesame oil
2 cloves garlic (smashed and chopped)
1/4 C. white wine
3/4 C. sweet onion (thin-sliced)
2/3 C. red bell pepper (sliced in match-stick pieces)
1/4 C. low-sodium veggie broth
1 tsp. low-sodium soy sauce or tamari
1-1/2 C. fresh snow peas or sugar snap peas (strings removed)
one 8 oz. can sliced water chestnuts (drained)

juice from 1/2 of a lime

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting brown rice on to cook. Bring rice, water, milk and coconut extract to a hard boil. Reduce heat to medium-low, cover and cook for 25 minutes. Set a timer.

Plant-based Choice or Chicken Option

Plant-based Choice:

Brown strips in oil. Add white wine and toss until wine disappears. Remove from pan and let cool. Slice lengthwise when cooled.

- or -

Chicken Option:

Brown skinless chicken breast in oil. Add white wine to the pan, cover, reduce heat to medium low and cook 5 minutes per side. Let cool enough to handle and thin slice before adding to the stir-fry.

Cilantro/Orange Sauce

1. Place garlic and oil in a small saucepan. Toss over medium heat until garlic begins to brown.
2. Add white wine and boil lightly for 1 minute.
3. Add onion and toss until onion becomes translucent.
4. Add broth and all remaining ingredients (except cornstarch and cilantro). Reduce heat to low and cook 5 minutes.
5. Thicken with cornstarch mixture and cook another 5 minutes over low heat.
6. Stir in chopped cilantro and remove from heat.

Snow Pea Stir-Fry

1. Using a deep sauté pan or wok, brown mushrooms in canola oil. Remove from pan. Set aside.
2. Heat sesame oil in the same pan. Add chopped garlic and toss until lightly browned. Add wine and bring to boil. Cook 1 minute over medium-low heat.
3. Add onion and bell pepper and toss 2 minutes.
4. Add broth, soy sauce, snow peas and water chestnuts and return to a boil.
5. Pour all of the Cilantro/Orange Sauce over vegetables and return to a boil. Drop thin-sliced Chik'n, or chicken option, into the mixture. Gently toss in sauce to coat. Remove from heat.

Plate the Meal

Pack 2/3 C. rice per serving into a soup ladle for each diner and place in the center of shallow bowls or dinner plates. Cover each serving with 2 C. snow pea stir-fry leaving the top of the rice mound visible. Drizzle each serving with lime juice.

What I've Learned from this Recipe

When fresh herbs are added late in the cooking process, their flavor remains vibrant in the dish. Finishing servings with fresh lime juice adds acidity and brings the flavors forward.

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