

# Sugar Snap Peas with Peanut Sauce

Tonight you'll enjoy a tangy and rich stir-fry dinner production with sugar snap peas playing the leading role. A spicy peanut sauce will get the nod for best supporting role. It'll be a meal that lingers in the memory as a great ensemble performance.

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

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients on small plates so they are ready to add as you need them. Prep 3 cloves chopped garlic: 1 for the peanut sauce and 2 for the stir-fry. There are two different onion preps: 2 T. finely-chopped onion for the peanut sauce and 1 C. thin-sliced onion for the stir-fry.

### Brown Rice

1 C. uncooked brown rice  
combined with  
2-1/4 C. water  
and  
1/4 C. nonfat milk  
mixed with  
1 tsp. coconut extract

### Chickenless Tenders

1 tsp. canola oil  
4 chickenless tenders

### Peanut Sauce

1 tsp. sesame oil  
1 clove garlic (smashed and chopped)  
2 T. yellow onion (finely chopped)  
1/4 C. white wine  
1/2 tsp. grated ginger  
1/3 C. chunky peanut butter  
1/4 C. nonfat milk  
2/3 C. low-sodium vegetable broth  
1/2 tsp. coconut extract  
1 T. low-sodium soy sauce or tamari  
3 tsp. rice wine vinegar

1/2 C. fresh cilantro (chopped)  
2 tsp. lime juice

### Sugar Snap Pea Stir-fry

1 tsp. sesame oil  
10 cremini mushrooms (sliced)  
2 cloves garlic (smashed and chopped)

1 tsp. sesame oil  
1 C. thin-sliced yellow onion (1/8" thin slices)  
2/3 C. red bell pepper (chopped)  
one 8 oz. package sugar snap peas (strung and halved)

1/4 C. low-sodium vegetable broth  
1 T. rice wine vinegar  
1 tsp. low-sodium soy sauce or tamari

1/4 C. cilantro leaves (chopped)  
Juice from 1/2 of a lime

Put Rice on to Cook!

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

### Basic Assembly Instructions

Start by cooking rice. Once it's boiling, reduce heat to medium-low, cover and cook 25 minutes. Preheat the oven to 400° and get tenders into the oven. Cook them a total of 15 minutes turning them once. Allow to cool and slice. Now you're ready to proceed with the next steps.

### Peanut Sauce

1. Using a medium saucepan, toss garlic and onion in oil until brown. Add white wine and cook 2 minutes.
2. Add everything else but cilantro and lime juice.
3. Reduce heat to low and cook 3 minutes.
4. Remove from heat.
5. Add cilantro and lime juice.
6. Let stand until ready to dine.

### Sugar Snap Pea Stir-fry

1. Using a large deep sauté pan or wok, brown mushrooms in oil. Add the chopped garlic. Toss until garlic becomes fragrant. Remove from pan and set aside on a plate.
2. Using same pan, toss onion and peppers in oil over medium-high heat until onion starts to brown.
3. Add snap peas and return mushrooms to pan. Toss for about 4 minutes.
4. Mix broth, vinegar and soy sauce together and pour mixture over the vegetables. Toss until liquid cooks away.
5. Add cilantro, lime juice and sliced tenders to the pan. Toss well and remove from heat.

### Plate the Meal

1. Rewarm peanut sauce just before serving. If necessary, thin with a little vegetable broth.
2. Shape 2/3 C. rice per serving in a small bowl or soup ladle and drop in the center of each serving plate.
3. Surround with 1-1/2 C. stir-fry and divide sliced tenders over servings. Pour 1/2 C. peanut sauce over each serving.

You'll probably have leftover peanut sauce. It can be frozen.

### What I've Learned from this Recipe

Making your own peanut sauce is always the best approach. Commercial preparations are loaded with fillers and tons of salt. Your own sauces will taste better and be better for you.

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