



From forkinthekitchen.com "15-Minute Broccoli Stir Fry"

HARVEST OF THE MONTH

Ingredient: Brassicas- Broccoli

Broccoli Stir Fry

PREP TIME:	5 mins
COOK TIME:	10 mins
TOTAL TIME:	15 mins
SERVINGS:	4 Servings
AUTHOR:	Becca Mills

INGREDIENTS

Stir Fry Sauce

½ cup soy sauce (low-sodium recommended)
½ cup vegetable stock
1 teaspoon sesame oil
½ tablespoon rice vinegar
2 cloves garlic (minced)
1-2 teaspoon ginger (grated or minced)
1 tablespoon sugar or honey
1 tablespoon cornstarch
Pinch red pepper flakes (optional)

Stir Fry

1 tablespoon neutral oil
1 ½ pounds broccoli (cut into 1-2 inch florets & stems sliced ½ inch)
4 cloves garlic (thinly sliced)
¾ -1 cup stir fry sauce (above)
¼-1/2 cup peanuts (chopped)
2 tablespoons scallions (thinly sliced)

INSTRUCTIONS

1. Whisk together or shake in a jar all the stir fry sauce ingredients. Set aside.
2. Drizzle oil in skillet or wok over medium-high heat. Add broccoli and stir to coat with oil. Stir in the garlic and ginger and simmer 3-4 minutes, stirring occasionally so garlic doesn't burn.
3. Start by adding ~3/4 cup stir-fry sauce. Bring to a simmer, reducing heat to medium as needed. Cover and cook 4-5 minutes until broccoli is tender-crisp and the sauce has thickened.
4. Remove from heat and serve over rice as desired. Garnish with chopped peanuts, green onions, cilantro, and sesame seeds as desired.