

Stir Fry in a Minute

July 13, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Ever have those nights where you have no idea what to make for dinner? When all else fails, I go Stir-Fry! It's quick, flavorful and I could literally use what I have in the house. I can add in cooked noodles or with rice on the side. Either way you can make a delicious meal within minutes. Let me show you how...

Serves: 4- 6 Total time: 20 minutes

- 1 Package rice noodles – angel hair and spaghetti work too
- 3 tbsp peanut, fish or canola oil
- 1 Skirt Steak sliced thin – leftover steak chicken or shrimp work too

- Salt and Pepper to taste
- 1 Cup Crimini Mushrooms – any mushroom works – optional
- 1 Cup Broccoli florets
- 1 Cup Matchstick Carrots
- 1 Cup Chopped Red Bell Peppers
- 2 Baby Bok Choy end removed and quartered lengthwise - optional
- 2 Green Onions minced for garnish
- 1 Tablespoon Sesame Seeds for garnish

For the Sauce

- 3 cloves minced garlic
- ¼ tsp minced ginger
- ½ cup water
- ¼ cup hoisin sauce
- ¼ cup soy sauce
- 2 tbsp corn starch

Heat a skillet over high heat. Use cast iron or wok if you have, for the great flavor it lends to meals. If none no worries. Now add 1 tablespoon of the oil and heat until shimmering.

Add in thinly sliced steak or chicken cook for 2 -3 minutes per side. We are only cooking halfway it will continue cooking as dish is composed. Remove to a plate and set aside. If using leftover add in after you cook vegetables as we are only heating through and not cooking it.

Add the remaining oil to the pan and add the broccoli florets, carrots and peppers. Cut your veg same size to ensure same cook time. Cook for 2 minutes.

Add the mushrooms and bok choy and cook an additional 3 minutes if you have. Use any veggies, like asparagus cut in 1 inch pieces or snow peas, anything you have.

Meanwhile, get your pasta cooking. Follow directions on package for pasta or rice.

For pasta drain and set aside. Whisk together the soy sauce, hoisin, honey, ginger, garlic and cornstarch.

As soon as the veggies are tender, add the steak or chicken and noodles to the pan and pour in the sauce, toss for a minute or two sauce will thicken and adhere to noodles and vegetables. If using rice spoon over rice. Garnish with green onions and sesame seeds, serve hot and enjoy!