

# Broccoli Ginger Cashew Stir-Fry

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By Tracey McQuirter

*"This stir-fry is perfect served over brown rice or noodles. The key to this dish is not to overcook the broccoli. I prefer mine slightly wilted but still crisp and bright green."  
~ Tracey*



Makes 4 servings.

- 3 tablespoons sesame oil
- 1 medium red onion, chopped
- 2 cloves garlic, peeled and chopped
- 1 tablespoon minced fresh ginger
- 1 red bell pepper, cored, seeded, and chopped
- 1 head broccoli, chopped (florets only)
- ¼ cup cashew pieces
- 1 tablespoon Bragg Liquid Aminos
- Dash cayenne
- 1 tablespoon Thai curry paste (optional)

Heat the sesame oil in a skillet or wok. Add the onion, garlic, ginger, and red pepper and sauté until soft. Remove these vegetables from the oil and set aside. Using the same oil, turn up the heat and add the broccoli to the hot oil. Stir-fry for about 10 minutes. Reduce heat, add the vegetables back in, and add remaining ingredients. Stir and let sit covered on low heat for another 5 minutes. Serve over brown rice or whole-grain pasta.

Tracey's website, [By Any Green Necessary.com](http://ByAnyGreenNecessary.com), is packed with heart-healthy, plant-based, vegan-friendly recipes for main dishes, soups and salads, drinks, side dishes, sauces, and desserts. Tracey has been featured by many news and media organizations, such as The Washington Post, Black Enterprise, Ebony, NPR Essence, FOX News, and CBS News.

