

Let's Talk Food Literacy

Savoury Stir Fry

Makes 4 servings

This stir-fry features a rainbow of colours and makes a tasty week-night meal.

Ingredients:

Marinade and Sauce

- 2 cloves garlic
- 1 tsp fresh ginger, peeled and chopped
- 3 Tbsp soy sauce
- 1 Tbsp rice vinegar
- 1 tsp brown sugar
- 1/2 cup stock or water (sauce only)
- 1 1/2 Tbsp cornstarch (sauce only)

Stir-fry

Aromatics and oils

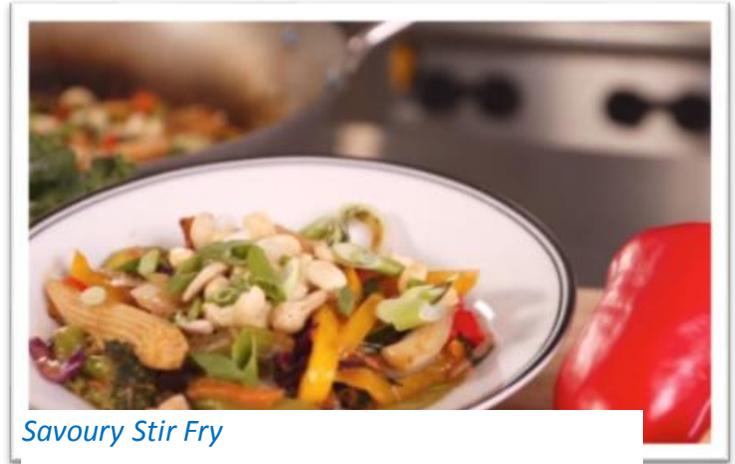
- 2 cloves garlic
- 1 Tbsp ginger peeled sliced
- 1 onion peeled, sliced
- 2 Tbsp vegetable oil
- ¼ tsp sesame oil

Vegetables

- 1 carrot, washed, peeled sliced
- 1 rib celery washed sliced
- 1 pepper, washed, seeds removed, sliced
- 1 zucchini, sliced thinly
- 4 baby bok choy, washed
- Broccoli ½ cup frozen, thawed and cut into smaller sizes
- 1 can baby corn, drained
- Sliced cabbage (you can use a prebagged product)
- 2 green onions sliced – to garnish

Protein Foods

- 12 oz. tofu cut into ½ inch squares
- ¼ cup almonds or peanuts or cashews – to garnish



Method:

Prepare marinade, tofu, and stir fry sauce

- Combine garlic, ginger, soy sauce, rice vinegar and brown sugar
- Marinade the tofu: Use half of this mixture to marinate the tofu for 20 to 60 minutes. Then, bake in the oven on a baking sheet lined with parchment paper for approximately 15 minutes at 400° F.
- Sauce: In a medium sized measuring cup, mix cornstarch and water (or stock), then add the other half of the above mixture. Set aside.
- Note: mixing corn starch with cold water first can prevent clumping.
- Prepare vegetables: Wash and slice.

Heat the pan and add ingredients

- In a wok, add 1 Tbsp of vegetable oil, heat.
- Optional: Add garlic and ginger. Gently cook to flavour oil before removing.
- Using the oil remaining in the Wok, quickly sauté the vegetables, starting with the onions, carrots, celery. Keep the vegetables moving.
- Add broccoli, bok choy, and continue to stir.
- Add cabbage, continue to stir fry. Add baby corn, peppers.
- Add sauce. As the sauce heats up it will thicken.
- Add tofu. Garnish with nuts. Serve with a side of whole grains. Enjoy!

Tips and Tricks:

- Sauté means to cook or brown in a pan with a small amount of fat, such as oil. Canola, safflower, sunflower, and vegetable oils are good for sautéing.
- Aromatics are vegetables that release flavor when heated or crushed, and include garlic, ginger, and onions. This recipe suggests flavouring the oil with ginger and garlic, but this is optional. You can also finely dice or mince the garlic and ginger and leave them in the pan.
- Stir fries are a great way to reduce food waste. You can use up fresh produce that is starting to wilt. You can also wash, blanch, and freeze vegetables to use in a stir fry up to a year later. (Note: blanching means boiling or steaming vegetables for 1-5 minutes to partially cook them before freezing. Blanching can help prevent freezer burn).