

Stir Crazy!

A Simple Guide to Quick & Easy Stir-Fry Recipes

Life is busy! When things get hectic it can seem difficult to make healthy eating a priority. Times of stress increase the nutritional demands on our bodies which makes it especially important to ensure we are fueled by good nutrition. Loaded with protein and vegetables, stir-fries are a quick and easy meal that will fuel your energy, satisfy the whole family, and take 30 minutes or less from start to finish!

Load Up on Veggies (4 cups)

Make vegetables the star of your stir-fry. Add a variety of flavours, colours, and textures. Veggies keep calories low and taste buds happy. Wash and pre-cut your vegetables. Some ideas are carrots, snap peas, mushrooms, peppers, bok choy, broccoli, cauliflower, kohlrabi, water chestnuts, celery...etc.



Choose a Protein (1 lb)

Whether a meat eater, seafood lover, or a vegetarian, protein adds a power punch to any stir-fry. Choose options like chicken, pork, beef, shrimp, salmon, tofu, tempeh, chickpeas, black beans...etc.

Oils (1 tbsp)

Choose a healthy heat tolerant oil like coconut oil, ghee, grapeseed oil, or avocado oil. Pour conservatively to keep calories in check.



Spices (1 tbsp)

No stir-fry is complete without ramping up the flavours of garlic, onion, shallots, ginger, curry powder or cayenne!



Finishes

Make it gourmet! Squeeze of lemon or lime juice, and a good helping of garnish like fresh cilantro, basil, green onion, sesame seeds, cashews...etc.



Base (1 cup)

Try to avoid white rice and choose a healthier option like brown rice, soba noodles, quinoa or a bed of steamed greens!



Stir Fry Sauces

Most bottled sauces are loaded with sugar, calories, sodium, chemicals and preservatives. Keep this dish healthy by making your own homemade sauce packed with flavour!

Basic Sauce:

- 1 cup broth
- 2 tbsp soy sauce
- 1 tbsp sugar
- 1 tbsp rice wine vinegar
- 1 tsp corn starch (optional)



Orange Ginger Sauce:

- ½ cup orange juice
- 2 cloves garlic
- 1 tsp ground ginger
- 3 tbsp olive oil
- 3 tbsp soy sauce



Curry Sauce:

- 1 ½ tbsp red curry paste
- 1 ½ tbsp fish sauce
- 1 tsp brown sugar
- ½ c stock or water
- 1 ½ tbsp corn starch



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Orange Ginger Beef Stir Fry

- 1 lb beef top sirloin steak, ¾-inch thick
- 2 tsp coconut oil
- 2 cloves garlic, minced
- 4 cup cut stir-fry vegetables (carrots, baby corn, snap peas, red pepper)



- Cut steak in half lengthwise. Cut crosswise into 1/4-inch strips and trim all fat.
- Heat oil in large nonstick skillet until sizzling; stir-fry beef and garlic for 2 to 3 minutes or until beef is browned but still pink inside (cook in 2 batches). Remove beef.
- Add vegetables and a few spoonfuls of water to skillet; cover and cook for 3 to 4 minutes or until tender-crisp. Add sauce; cook, stirring, for 2 minutes or until thickened. Stir in beef and any juices; heat through.
- Serve over steamed greens.

Curry Chicken Stir Fry

- 4 chicken breasts
- 5 tbsp ghee or oil
- 1 onion chopped
- 1 red pepper
- 1 green pepper
- 1/4 c cashews
- 4 tbsp water
- sea salt
- 2 tbsp green onions



- Cut the chicken breasts into 1cm wide strips and place in a bowl. Add the curry sauce and mix everything well. Leave to marinate if you can.
- Heat the ghee or oil in a large frying pan, add the onion, red and green peppers and stir-fry over a moderate heat until the vegetables are softened but not mushy.
- Add the cashews and stir-fry a minute or two more. Remove from the pan and reserve on a plate.
- Turn the heat up under the pan and stir-fry the chicken, together with the sauce, for 4-5 minutes until the meat is cooked through. Add the water and mix well, return the vegetables to the pan, reduce the heat and cook gently for 2 minutes. Season with salt to taste.
- Serve at once on a bed of quinoa, sprinkled with the green onion tops.

Asian Stir Fry with Tofu

- 5 1/2 oz organic tofu
- 2 tbsp grapeseed oil
- ¼ onion, finely sliced
- 1 garlic clove, crushed
- ¼ red pepper, chopped
- handful spinach leaves
- Brown basmati rice cooked according to instructions.



- Marinate the tofu in the basic stir fry sauce in a bowl and mix well. Allow to marinate for 5-10 minutes, or longer if possible.
- Heat a wok over a medium heat. Remove the tofu from the marinade, setting the marinade aside. Fry the tofu for 5-10 minutes until golden-brown all over. Strain the marinade to remove any small pieces of tofu.
- For the rice, heat the oil in a pan and fry the onions and garlic for 2-3 minutes until softened, then add the pepper and fry the tofu for 2 minutes. Add the spinach, rice and reserved marinade and heat through for a further 3-4 minutes.
- Serve the rice with the marinated tofu on top.

Source:

https://www.bbc.com/food/recipes/asianstyletofustirfr_92503

<https://canadabeef.ca/recipe/orange-ginger-beef-stir-fry/>

<https://www.nigella.com/recipes/members/pistachios-stir-fry-chicken-curry>

<http://dish.allrecipes.com/super-easy-stir-fry/>