

# STIR CRAZY!

## QUICK AND EASY STIR-FRY GUIDE

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 vegetables. Some options to include are carrots, snap peas, mushrooms, peppers, bok choy, broccoli, cauliflower, kohlrabi, water chestnuts, and celery.



### Choose a Protein (1 lb)

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



### Oils (1 tbsp)

Choose a healthy heat-tolerant oil like coconut oil, ghee, 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 on lemon or lime juice, and add a garnish like fresh cilantro, basil, green onion, sesame seeds, or cashews.



### 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 your dish healthy by making a 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, minced
- 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 cup 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 cups 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 and 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 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 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 and stir-fry the chicken 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.
- Mix basic stir-fry sauce in a bowl and add tofu. Allow to marinate for 5-10 minutes, or longer if possible.
- Heat a wok over a medium heat. Remove the tofu from the marinade and set 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. Add the pepper and fry for 2 minutes. Add the spinach, rice and reserved marinade and heat through for a further 3-4 minutes.
- Serve the rice topped with the marinated tofu.



#### Sources:

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