# **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)**

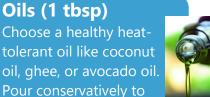
Make vegetables the star of your stir-fry. Add a variety of flavours, colours, and textures. Veggies keep calories low and taste buds happy. Wash and precut vegetables. Some options to include are carrots, snap peas, mushrooms, peppers, bok choy, broccoli, cauliflower, kohlrabi, water chestnuts, and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





# 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)

keep calories in check.

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**

### **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





Powered by:



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# **Orange Ginger Beef Stir-Fry**

### •1 lb Beef Top Sirloin Steak <sup>3</sup>/<sub>4</sub>-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.

### Sources:

https://www.bbc.com/food/recipes/asianstyletofustirfr\_92503 https://canadabeef.ca/recipe/orange-ginger-beef-stir-fry/ http://dish.allrecipes.com/super-easy-stir-fry/ https://www.nigella.com/recipes/members/pistachios-stir-fry-chicken-curry

# 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.

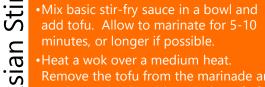


## •5 1/2 oz organic tofu

- •2 tbsp grapeseed oil
- •1/4 onion, finely sliced
- •1 garlic clove, crushed
- •¼ red pepper, chopped
- handful spinach leaves

Fry with

•Brown basmati rice cooked according to instructions.



- •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.



