

2.EASY VEGGIE STIR FRY SALAD



Total Time:

15 min

Ingredients

For the stir fry:

- 2 tablespoons olive oil
- 2-3 cremini mushrooms, stemmed and sliced
- 1 bunch bok choy
- ½ grated cabbage
- ½ cup thinly sliced carrots
- ½ onion, thinly sliced

For the dressing:

- ½ cup water
- ⅓ cup low sodium soy sauce
- 1 tablespoon honey or brown sugar
- 1 tablespoon rice vinegar, or red wine vinegar
- 2 teaspoons of sesame oil or olive oil
- 2 garlic cloves, grated
- 2 teaspoons grated fresh ginger
- Red pepper flakes, sesame seeds (optional)

Instructions

Stir fry sauce

- In a medium bowl, whisk together the water, soy sauce, honey, vinegar, oil, garlic, ginger, and red pepper flakes, if using.

Stir fry

- Heat the olive oil in a large skillet or wok over high heat. Add the onion, mushrooms, cabbage, bok choy stems, and carrots and toss. Cook, stirring occasionally, for 3 to 4 minutes, or until the vegetables soften slightly. Add bok choy leaves and toss, cook for another 1-2 minutes.
- Reduce the heat to medium and pour in the stir fry sauce. Stir and cook for 1 to 2 minutes, or until the sauce thickens and the vegetables are crisp-tender. Season to taste. Top with the sesame seeds and serve.

Can add in ½ teaspoon red pepper flakes, sesame seeds

Notes

Made by Kennedy and Mariam

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