

ST. PAUL'S STIR FRY

Serves 4

INGREDIENTS

1/4 cup vegetable oil
1-2 tablespoons minced ginger (more if you like)
1 cup broccoli, chopped to 1/2-inch pieces
1/2 tablespoon salt
1/2 cup baby corn, drained, rinsed, and chopped into 1/2-inch pieces
1 cup bell peppers, sliced and chopped into 1-inch pieces
1 cup carrots, shredded
1 cup cabbage, shredded
1/2 cup sprouts
1/2 cup water chestnuts, drained, rinsed and sliced into 1/8 inch coins
2 teaspoons sesame oil
2 tablespoons soy sauce
1/2 teaspoon white pepper
1 tablespoon garlic powder

DIRECTIONS

1. Heat a large skillet or wok over medium-high heat. Add vegetable oil.
2. Add the ginger; adjust heat to avoid over-browning.
3. When ginger becomes fragrant, add the broccoli and salt. Stir to coat with oil.
4. When broccoli florets begin to wilt and stems become just translucent, add baby corn, and peppers. Stir to coat with oil.
5. Continue to cook until peppers begin to wilt, about 2 minutes. Add shredded carrots and cabbage and cook until carrots are soft, about 1-2 minutes.
6. Take pan off heat. Add sprouts and water chestnuts and stir to combine.
7. Stir in sesame oil, soy sauce, white pepper, and garlic powder. Taste and add more to taste.

NOTES

Change cooking times to allow for crunchier or softer textures.
Served best over short-grain brown or white rice, or wrapped in a soft tortilla.

