

GUIDE TO STIR-FRYING

Our guide to stir-frying teaches you the basics of this quick and healthy cooking method. With this simple cooking formula, you'll be able to get creative and make a variety of stir-fried dishes in your own home kitchen without ever having to order take-out again!

CHOOSE A PROTEIN

1 POUND

LAND



Boneless, skinless chicken thighs or breasts
Cubed



Pork tenderloin
Cubed



Flank or skirt steak
Sliced against the grain

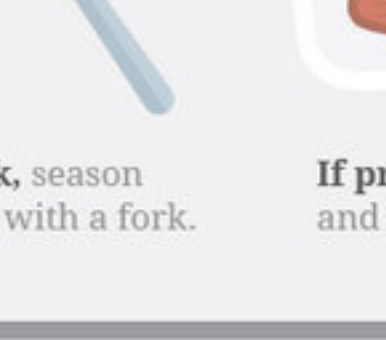
SEA



Shrimp
Defrosted, rinsed, and patted dry



Squid or calamari
Sliced



Firm fish like tilapia, mahi mahi, or salmon
Cubed or sliced

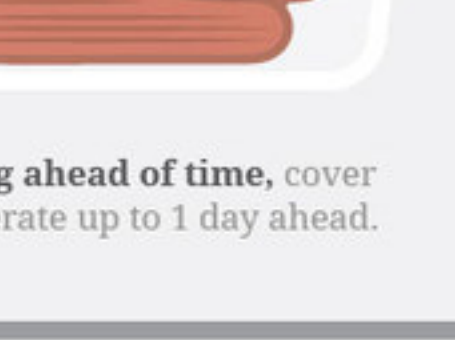
VEGETARIAN



Extra-firm, vacuum-packed tofu
Cubed or sliced



Seitan
Chopped



Tempeh
Chopped

SEASON & TENDERIZE PROTEIN



If using chicken, pork, or steak, season with salt and pepper. Tenderize with a fork.



If prepping ahead of time, cover and refrigerate up to 1 day ahead.

CHOP AROMATICS (OPTIONAL)

1 TABLESPOON



GARLIC
minced



SHALLOTS
minced or thinly sliced



GREEN ONIONS
white parts chopped (save green parts for garnish)



GINGER
minced or thinly sliced

PREP VEGETABLES (MIX & MATCH)

4 CUPS



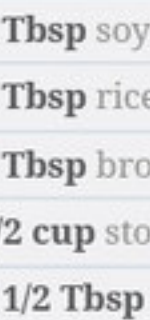
ONIONS
thinly sliced



BELL PEPPERS
sliced



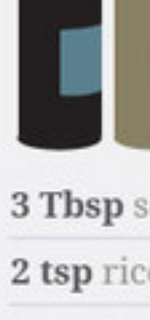
CARROTS
thinly sliced



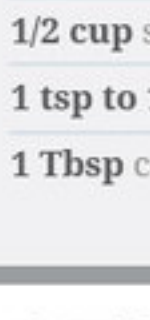
CELERY
sliced on a bias



CHINESE EGGPLANT
chopped



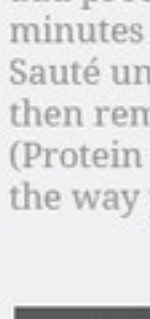
BEAN SPROUTS



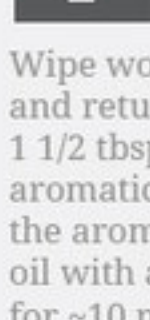
MUSHROOMS (ANY KIND)
sliced



BROCCOLI OR CAULIFLOWER
chopped and microwaved with damp paper towel for 2 minutes



NAPA, GREEN, RED, OR SAVOY CABBAGE
sliced



BABY SPINACH



BOK CHOY
chopped



FROZEN PEAS, EDAMAME, OR CORN



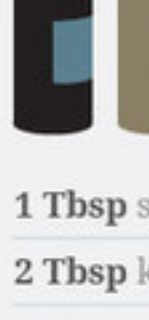
TOMATOES
diced



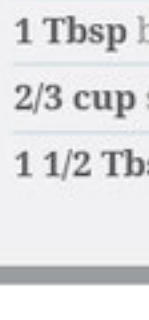
SNOW PEAS OR SUGAR SNAP PEAS
trimmed and left whole



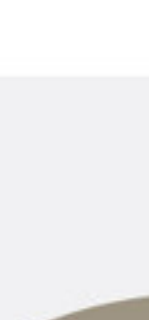
GREEN BEANS
trimmed



KALE
stems removed and leaves torn



ASPARAGUS
ends trimmed and chopped



ZUCCHINI AND SUMMER SQUASH
chopped



BABY CORN
drained and rinsed

MAKE STIR-FRY SAUCE

BASIC SAUCE



3 cloves garlic
3 Tbsp soy sauce
1 Tbsp rice vinegar
1 Tbsp brown sugar
1/2 cup stock/water
1 1/2 Tbsp cornstarch

CURRY SAUCE



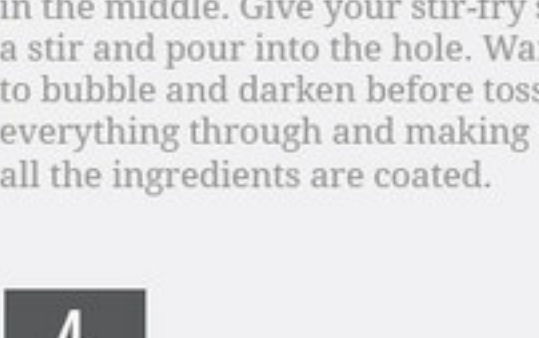
1 1/2 Tbsp curry paste
1 1/2 Tbsp fish sauce
2 tsp brown sugar
1/2 cup stock/water
2 tsp cornstarch

ORANGE-GINGER SAUCE



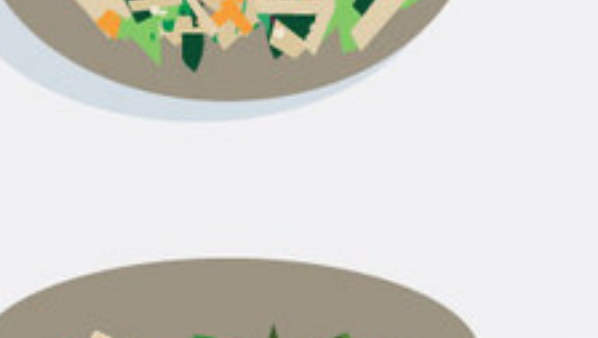
1 inch ginger
3 Tbsp soy sauce
1 Tbsp rice vinegar
1/2 cup orange juice (1 large orange)
1 1/2 Tbsp cornstarch

BLACK PEPPER SAUCE



3 Tbsp soy sauce
2 tsp rice vinegar
1 tsp brown sugar
1/2 cup stock/water
1 tsp to 1 1/2 tsp black pepper
1 Tbsp cornstarch

SWEET & SOUR SAUCE

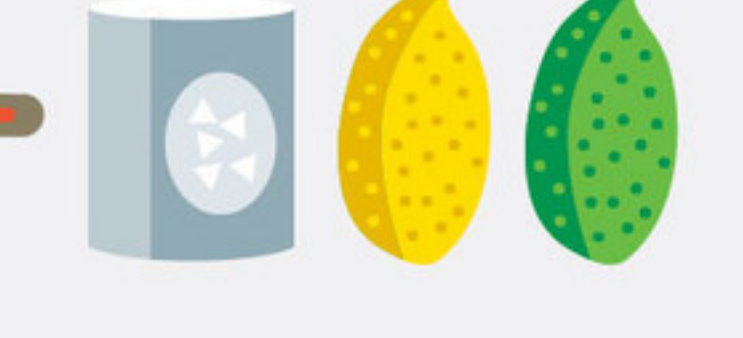


1 Tbsp soy sauce
2 Tbsp ketchup
1 Tbsp rice vinegar
1 Tbsp brown sugar
2/3 cup stock/water
1 1/2 Tbsp cornstarch

STIR-FRY

1

Heat a wok over medium-high heat. Add 2 tbsp cooking oil. Once heated, add protein and let sit for 2 to 4 minutes before tossing to coat in oil. Sauté until proteins are golden and then remove from pan and set aside. (Protein does not have to be cooked all the way yet.)



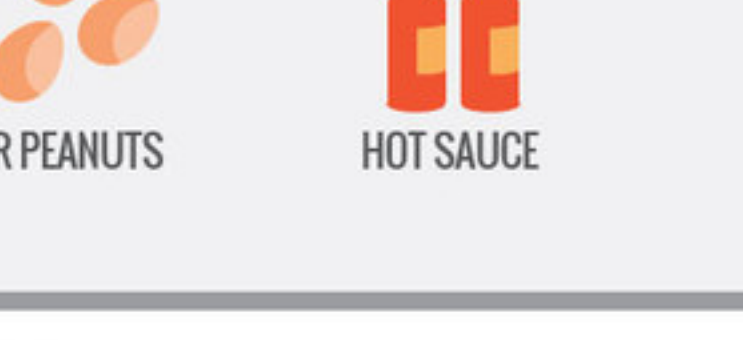
2

Wipe wok with a paper towel if needed, and return to medium-high heat. Add 1 1/2 tbsp cooking oil to pan. Add aromatics, if using. Once you can smell the aromatics, add vegetables to heated oil with a sprinkle of salt, and stir-fry for ~10 minutes until tender but still crunchy. If the pan ever looks too dry and ingredients may burn, add a splash of water or stock.



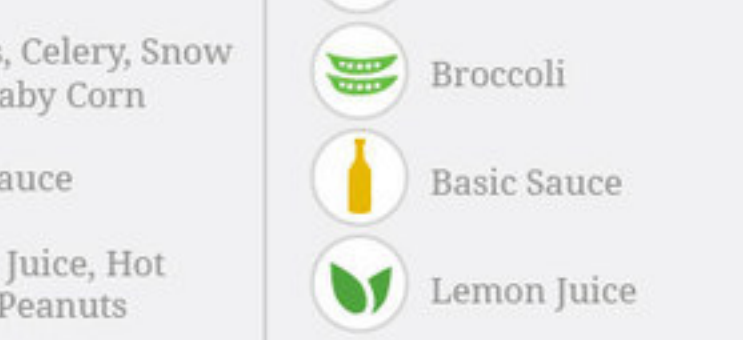
3

Add protein back to wok and push all ingredients to the sides, forming a hole in the middle. Give your stir-fry sauce a stir and pour into the hole. Wait for it to bubble and darken before tossing everything through and making sure all the ingredients are coated.



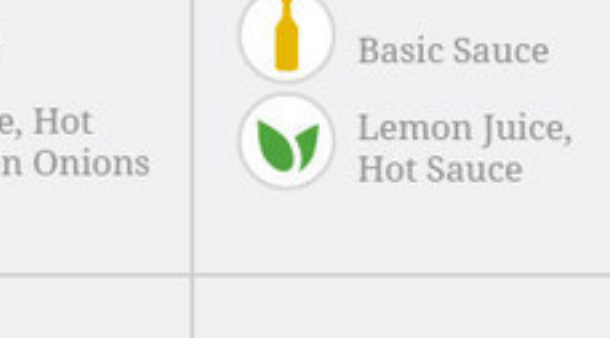
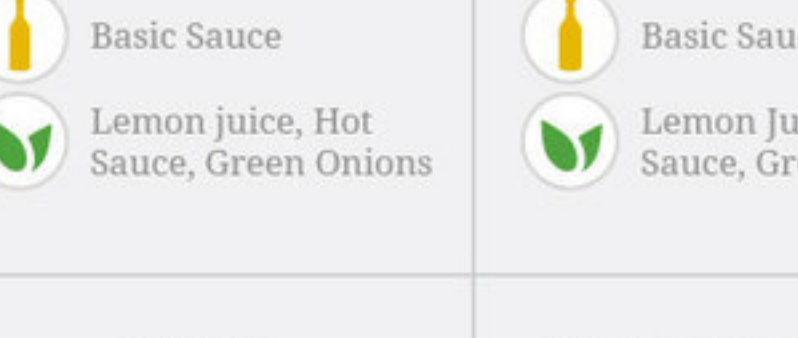
4

Cook until all ingredients are tender, and then remove from heat.



FINISH THE DISH

Add a squeeze of lemon or lime juice, and season to taste with salt.



OPTIONAL GARNISHES



FRESH CILANTRO
chopped



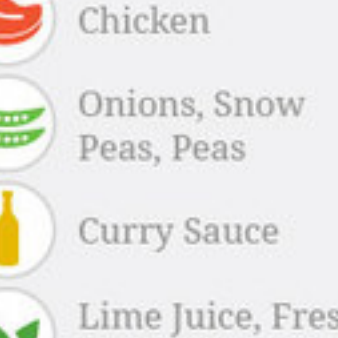
FRESH BASIL
thinly sliced



GREEN ONIONS
sliced or chopped



SESAME SEEDS



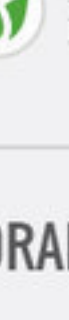
CASHEWS OR PEANUTS



HOT SAUCE

STIR-FRY COMBOS

KEY



PROTEIN



VEGETABLES

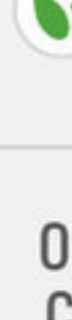


SAUCE



GARNISH

KUNG PAO CHICKEN



Chicken



Carrots, Celery, Snow Peas, Baby Corn

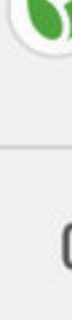


Basic Sauce



Lemon Juice, Hot Sauce, Peanuts

CLASSIC BEEF & BROCCOLI



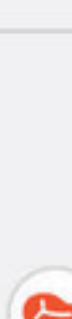
Steak



Broccoli

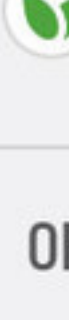


Basic Sauce



Lemon Juice

BEAN SPROUT STIR-FRY



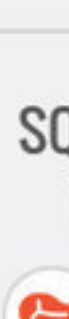
Seitan



Bell Peppers, Bean Sprouts

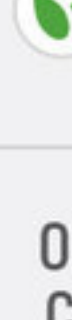


Basic Sauce



Lemon juice, Hot Sauce, Green Onions

SAVORY SPINACH & TOMATO STIR-FRY



Tofu



Roma Tomatoes, Baby Corn, Baby Spinach

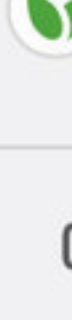


Basic Sauce



Lemon Juice, Hot Sauce, Green Onions

EASY WEEKNIGHT STIR-FRY



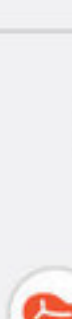
Pork



Onions, Carrots, Celery, Brown Mushrooms

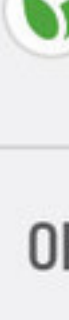


Basic Sauce



Lemon Juice, Hot Sauce

GREEN STIR-FRY



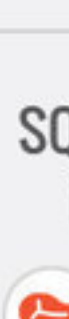
Steak



Napa Cabbage, Snow Peas, Edamame

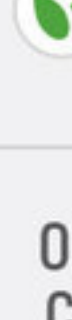


Basic Sauce



Lime Juice, Green Onions

CABBAGE, CARROT & CORN STIR-FRY



Tilapia



Cabbage, Carrots, Corn

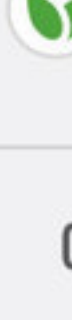


Basic Sauce



Lemon Juice, Hot Sauce, Green Onions

EGGPLANT & FISH STIR-FRY



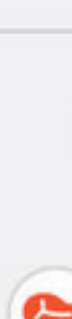
Mahi Mahi



Eggplant, Bean Sprouts

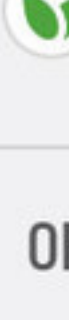


Basic Sauce



Lemon Juice, Fresh Basil, Sesame Seeds

RED CURRY SHRIMP STIR-FRY



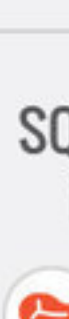
Shrimp



Onions, Bell Peppers, Chinese Eggplant

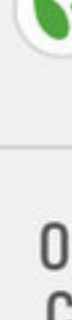


Curry Sauce



Lime Juice, Fresh Basil

TWO-PEAS GREEN CURRY STIR-FRY



Chicken



Onions, Snow Peas, Peas

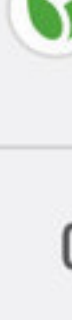


Curry Sauce



Lime Juice, Fresh Cilantro

SALMON & GREEN BEAN CURRY STIR-FRY



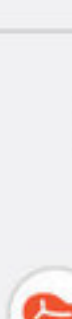
Salmon



Green Beans, Brown Mushrooms

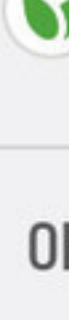


Curry Sauce



Lime Juice, Fresh Cilantro

SPRING STIR-FRY



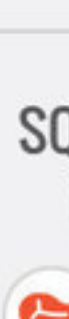
Squid



Zucchini, Asparagus, Peas, Corn

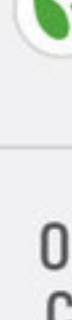


Curry Sauce



Lemon Juice, Hot Sauce

PORK & KALE STIR-FRY



Pork



Celery, Kale

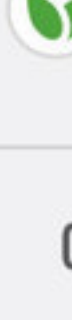


Curry Sauce



Lemon Juice, Fresh Cilantro, Peanuts

ORANGE CASHEW CHICKEN



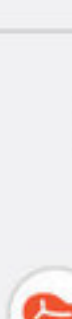
Chicken



Bell Peppers, Zucchini, Sugar Snap Peas

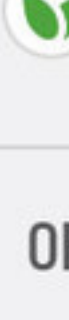


Orange-Ginger Sauce



Lemon Juice, Cashews, Green Onions

ORANGE SCALLION TILAPIA



Tilapia



Bok Choy

