

# Stir Fried Veggies

- 1½ lbs quick cooking vegetables, such as broccoli, snow peas, carrots or asparagus, cut into thin, bite-sized pieces
- 2 TBSP avocado oil or high-heat oil
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, minced or grated
- 2 green onions, green and white parts sliced
- 2 TBSP soy sauce, plus more to taste
- ¼ cup water
- 2 teaspoons sesame oil (toasted)
- Pinch of dried chile flakes
- Kosher salt, to taste



1. In a large skillet, over medium-high heat, add oil. When oil is hot, add garlic, ginger and scallions. Cook, stirring constantly, for about 15 seconds.
2. Add 1–2 cups of vegetables and cook until brightly colored and not as tender as you want them (they'll keep cooking). Push them up the sides of the skillet (or remove to a bowl) and cook remaining vegetables in batches.
3. Place all cooked vegetables in skillet and add soy sauce, water, sesame oil and chile flakes. Stir and remove from heat.
4. Taste and season with salt, if needed or adjust other seasonings. Serve alone or with cooked rice or noodles.

Recipe adapted from How to Cook Everything, by Mark Bittman.