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# Sesame Edamame Stir-fry

Total time: 20 min   Yield: 3 servings

## Ingredients

2 Tbsp low sodium shoyu or Bragg liquid aminos  
1 Tbsp mirin  
1 Tbsp sugar  
2 tsp rice vinegar  
2 Tbsp water  
2 Tbsp dark sesame oil  
1/2 tsp sambal (optional)  
1 tsp cornstarch  
2 Tbsp light oil  
1 Tbsp fresh ginger (minced)  
2 clove garlic (minced)  
1 cup Gardein mock chicken, sliced (or firm tofu, cubed)  
2 cup mixed vegetables (bell peppers, snap peas, mushrooms, zucchini, carrots)  
1 cup edamame (shelled, cooked)  
1/2 cup green onion (sliced)  
salt  
2 tsp black sesame seeds

Prep Time: 15 min   Cooking Time: 5 min   Total Time: 20 min

## Instructions

In a small bowl, combine the shoyu or aminos, mirin, sugar, vinegar, water, sesame oil, sambal and cornstarch; set aside.

In a large skillet, over medium-high heat, add the light oil, ginger, garlic, mock chicken or tofu and mixed vegetables; stir-fry until crisp-tender and lightly browned, about 2 minutes. Add the edamame.

Pour the sauce over the stir-fry mixture and cook over medium heat until the sauce thickens, about 1 to 2 minutes. Remove from heat; add the green onion and salt to taste. Top with additional green onion and sesame seeds. Serve with brown rice or quinoa.

## Recipe brought to you by:

Chef Alyssa Moreau