
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:

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