

# BROCCOLI, CARROT & MUSHROOM STIR FRY



12 SERVINGS



PREP TIME:  
20 MIN



COOK TIME:  
20 MIN

## INGREDIENTS

### For the Stir-Fry:

2 cups broccoli florets  
1 large carrot, sliced thinly on the diagonal  
1 cup mushrooms, sliced (shiitake, button, or cremini work well)  
2 garlic cloves, minced  
1 tsp ginger, minced  
2 tbsp vegetable oil (or sesame oil for extra flavor)  
2 green onions, sliced (optional for garnish)  
Sesame seeds (optional for garnish)

### For the Sauce:

3 tbsp soy sauce (low sodium preferred)  
1 tbsp oyster sauce (or hoisin sauce for a vegetarian option)  
1 tsp cornstarch mixed with 2 tbsp water  
1 tsp sesame oil  
1 tsp honey or brown sugar  
1/2 tsp chili flakes (optional, for heat)

## DIRECTIONS

- **Heat the oil:** In a large skillet or wok, heat the vegetable oil over medium-high heat.
- **Cook the aromatics:** Add the minced garlic and grated ginger to the pan, cooking for 1 minute until fragrant.
- **Stir-fry the vegetables:** Add the broccoli, carrots, and mushrooms. Stir-fry for 5-7 minutes until the vegetables are tender-crisp.
- **Make the sauce:** In a small bowl, combine the soy sauce, sesame oil, and honey (or brown sugar). If using cornstarch, mix it into the sauce to thicken it.
- **Combine:** Pour the sauce over the vegetables and stir well to coat. Cook for another 2-3 minutes to let the sauce thicken slightly.

