

Honey Vegetable Stir Fry

While the ingredients list looks large this recipe is in fact very easy and quick to bring together. It's great to get the kids helping and cooking. You can incorporate shredded chicken easily should you have some in the fridge.



This is also great as a side when served with some fried fish with lemon juice.

Ingredients

Sauce

2 tablespoons Manawa honey

1/2 cup vegetable or chicken stock (or water)

1/2 cup pineapple juice

1/4 cup soy sauce

1 tablespoon fresh grated ginger or 1 level teaspoon of powdered

2 cloves garlic, minced

3 teaspoons cornflour

2 teaspoons sesame oil

Stir Fry

1 tablespoon sesame oil

2/3 cup roasted, salted cashews

2 cups broccoli florets, chopped

3 medium carrots, peeled, then use the peeler and continue peeling the carrot into long strips

2 red peppers, sliced
1½ teaspoons cornflour
2 zucchini, thinly sliced
4 baby bok choy, chopped (if available)
1 cup fresh pineapple, diced

Method

Cook rice for serving, if desired.

In a bowl or large glass measuring cup combine the ingredients for the sauce. Whisk together the stock, pineapple juice, soy sauce, honey, ginger, garlic, cornsflour, and sesame oil.

Heat a large skillet or wok over high heat. Add 1 tablespoon sesame oil and once hot add the cashews along with 1/4 cup of the sauce. Cook 1-2 minutes or until the cashews are lightly toasted and caramelized. Remove the cashews to a plate.

Add the broccoli, carrots, peppers, and cornflour to skillet. Stir fry the veggies for 5 minutes. Add the zucchini, bok choy, and pineapple and stir fry for 5-10 more minutes. Add the sauce and cook until the sauce thickens and coats the veggies and the pineapple is beginning to caramelize, about 3 minutes.

Place rice in a bowl and top with veggies. Sprinkle caramelized cashews, green onions, and toasted sesame seeds over top.

Serve immediately.