

Vegetable Stir-Fry

Sauce:

- 2 T dark soy sauce (or sub regular soy sauce)
- 1 T light soy sauce (or sub regular soy sauce)
- 3 T oyster sauce
- 1 tsp sesame oil
- 1 tsp sugar
- 1 garlic clove, grated or minced finely

Noodles and Vegetables:

- 4-6 oz uncooked ramen, spaghetti, glass, rice, vermicelli, lo mein, chop suey or linguine noodles
- 1 T sesame oil
- 3 green onions, chopped
- 2-3 cups julienne cut or chopped vegetables (carrots, red peppers, cabbage, sugar snap peas, snow peas, bok choy, mushrooms, onions, spinach or broccoli)
- 1-2 T mirin (sub rice wine vinegar, sake, sherry, white wine, or white wine vinegar)

Shake all the sauce ingredients together in a jar. Cook the noodles according to package directions. Drain and set aside. Heat the sesame oil in a large wok or skillet. Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to loosen the browned bits off the bottom of the pan. Add the cooked noodles and about half of the sauce - toss around in the hot pan to combine. Add more sauce if needed. Serve topped with remaining green onions.

Note: If you want add meat or tofu, stir fry it first, before vegetables, then remove from heat while you cook vegetables. Add back into the pan at the end with the noodles.

Recipe by Garden Chef Terri Carter



ATLANTA BOTANICAL GARDEN