Stir-Fried Vegetables / Vegetarian Stir Fry



This is a hearty, colourful and flavorful vegetable stir-fried vegetables. Every week I make this vegetarian stir fry for lunch or dinner. They are easy to make with fresh veggies, healthy and takes less time to cook. I like stir fry because of its simplicity and balance of flavors. I made this stir fry with vegetable on hand. You can use any vegetables of your choice like snow peas, bok choy, baby corn and chestnuts. Here I used super firm tofu, shallow fried and added to this dish.

If you get deep fried tofu in your nearby store add that instead. For vegetarian and vegan, they are the best source of protein. Served over a bed of rice. Try this easy vegetable stir fry to make quick lunch or dinner on the table with minimal clean up..Even beginner can do this stir fry vegetables easily.

Ingredients for Stir Fried Vegetables

• 8 Oz Super Firm Tofu
• 1 Big Broccoli
• 1 Green Bell Pepper, Diced
• 3 Mushroom, Diced
• Handful of Spinach
• 2 Garlic Cloves, Crushed
• 1/2 Yellow Onion, Chopped
• 1/2 Tsp of Red Chilli Flakes
• Pinch of Sugar
• Salt and Pepper to taste
• Green Onion, Chopped

Sauce

• 1 Tsp of Dark Soy Sauce
• 1 Tsp of Vegetarian Oyster Sauce
• 2 Tsp of Light Soy Sauce
• 2 Tsp of Corn Starch or Rice Flour

To Marinate

• 1/2 Tsp of Garlic Powder
• 2-3 Tsp of Soy Sauce
• Salt and Pepper to taste

To Shallow Fry

• 2 Tbsp of Vegetable Oil

Method for Stir Fried Vegetables

• Cut the tofu into small cubes. In a bowl, add tofu, garlic powder, soy sauce, salt and pepper. Mix well and marinate it for 30 mins.
• Heat a pan with oil and shallow fry the tofu till it turns golden brown on both sides. Remove from pan and keep it aside.
• In a bowl, make a sauce by adding ingredients listed under ” to sauce”. Mix well.
• Heat a pan with oil, when it is hot, add red chilli flakes, garlic and onion, fry it for 2 mins, add broccoli, mushroom, bell pepper, sugar, salt and pepper, fry it for 2 mins, cover and cook for another 3 mins, then add spinach and tofu, fry it for another 2 mins.
• Add sauce, cook for another 3 mins and turn off the flame.
• Serve the stir fried vegetables with rice.

Tips

• Add any vegetables of your choice like chestnuts, napa cabbage, bok choy, bamboo and baby corn.
• Adjust the amount of soy sauce, salt and pepper according to your taste.



Tags: stir fried vegetables, stir fried vegetables with rice, vegetarian stir fry, chinese vegetarian recipe, one pot meal.