



## Broccoli Stir-Fry

Prep 45 m      Ready In 45 m

*Recipe By:* Breana Lai

“Spiralized broccoli stems transform into tender noodles in this lo mein-inspired vegetarian recipe. Serve on top of brown rice or buckwheat soba noodles.”

### Ingredients

- 2½ pounds large broccoli heads with stems at least 1 inch thick (4-5 heads)
- 1 medium red onion
- ½ cup water, divided
- 2 tablespoons Shaoxing rice wine or dry sherry
- 2 tablespoons reduced-sodium tamari
- 1 tablespoon chile-garlic sauce
- 4 teaspoons toasted sesame oil, divided
- 2 teaspoons cornstarch
- 1 teaspoon light brown sugar
- 2 tablespoons peanut oil, divided
- ⅛ teaspoon salt
- 2 small red chiles, sliced (seeded if desired)
- 1 tablespoon minced fresh ginger
- 2 tablespoons chopped roasted unsalted peanuts

## Directions

Remove florets from broccoli stems. Cut the florets into 1-inch pieces and set aside. Trim the stem ends. Using a vegetable spiralizer with the thin-noodle blade, spiralize as much of each stem as possible. Chop any remaining stem into ½-inch pieces. Switch to the thick-noodle blade and spiralize onion.

Whisk ¼ cup water, rice wine (or sherry), tamari, chile-garlic sauce, 2 teaspoons sesame oil, cornstarch and brown sugar in a small bowl. Set by the stove.

Heat 1 tablespoon peanut oil in a large flat-bottom carbon-steel wok over medium-high heat. Add the broccoli noodles, stem pieces and onion; cook, stirring, until tender, about 5 minutes. Transfer the mixture to a large bowl and toss with the remaining 2 teaspoons sesame oil and salt.

Add the remaining 1 tablespoon peanut oil, chiles and ginger to the pan. Cook, stirring constantly, for 15 seconds. Add the reserved florets and cook, stirring, until starting to brown, about 1 minute. Add the remaining ¼ cup water, cover and cook until the florets are tender, about 3 minutes more. Uncover and add the reserved sauce. Cook, stirring, until the sauce is thick, about 1 minute.

Arrange the noodle mixture on a platter with the florets on top. Serve sprinkled with peanuts.

Equipment: Spiralizer