

6 STIR FRY SAUCES

AndiAnne.com

ALL PURPOSE STIR FRY SAUCE

1/3 cup soy sauce
1/4 cup vegetable oil
1 Tbsp cornstarch
2 tsp freshly grated ginger
Pinch of red pepper flakes

GINGER GARLIC STIR FRY

1/4 cup vegetable oil
3 Tbsp soy sauce
2 Tbsp lemon juice
1 tsp ginger powder (or 2 tsp fresh
grated ginger)
1-2 tsp honey
1 minced garlic clove

NUT BUTTER STIR FRY

3 Tbsp nut butter
3 Tbsp soy sauce
3 Tbsp apple cider vinegar
1 tsp ginger powder (or use fresh)
1 Tbsp honey

SPICY PINEAPPLE STIR FRY

4 Tbsp pineapple juice
3 Tbsp soy sauce
2 Tbsp vegetable oil
1 Tbsp honey
1 Tbsp cornstarch
1/2 tsp paprika
1/4 tsp cayenne pepper
Pinch of red pepper flakes

TERIYAKI-INSPIRED

3 Tbsp soy sauce
3 Tbsp white vinegar
2 Tbsp vegetable oil
1 Tbsp sugar
1 Tbsp cornstarch
1 tsp ginger powder
1 minced garlic clove

SWEET AND SPICY

2 Tbsp white vinegar (or acv)
2 Tbsp soy sauce
3 Tbsp tomato paste
1 Tbsp cornstarch
1 Tbsp honey

How To Cook The Best Stir Fry:

The secret to cooking the best stir fry is all in the order of cooking. Most people add all the ingredients too soon. Follow the steps below for the perfect flavor combination:

- First, heat a high smoke point cooking oil in the pan over medium heat for 2 mins (I use avocado oil).
- Next add the veggies and cook until they're almost done - stirring occasionally. Pour the veggies into a bowl and set aside for now.
- Add a bit more oil and place the sliced meat in the pan - cook 3 minutes until it begins to brown. Once that happens, add all the veggies back to the pan.
- Now add in the stir fry sauce and mix everything together. Cook an additional 2-3 minutes, then remove.
- Place cooked stir fry in a serving dish or right on top of a bed of rice. Drizzle extra sauce from pan overtop of the meal. Serve and enjoy!