



Asian Stir Fry with Garlic Sauce

2 servings

¼ cup vegetable or chicken stock or water

1 Tb dark sesame oil

1 Tb sweet white miso

2 Tb wheat free soy sauce

1 Tb Braggs apple cider vinegar

1 Tb coconut oil

2 shallots thinly sliced

1 Tb chopped ginger

1 Serrano pepper seeded, finely chopped (optional if you like a little heat)

½ tsp red pepper flakes

2 carrots cut on the diagonal into rounds then in half

8-10 oz shitake, Portobello or white button mushrooms sliced

8 cups Chinese (napa) cabbage or bok choy cut into 1" ribbons leaves
and center separated

6 cloves garlic minced

2 scallions thinly sliced

Prepare all the vegetables before you start cooking.



In a small bowl combine stock, sesame oil, miso, soy sauce and vinegar

In a sauté pan heat 1 Tb of coconut oil on medium.

Add shallots sauté 2 minutes to let them soften.

Add mushrooms. Sauté 5-7 minutes stirring frequently until mushrooms begin to give off some liquid.

Add ginger, Serrano pepper, carrots and red pepper flakes. Sauté for 3 minutes until carrots begin to cook.

Turn up heat to medium high and keep stirring. This is why it is called stir fry because you want to keep stirring it.

Add cabbage center and garlic, cook for 2 minutes until cabbage is lightly cooked but still crisp.

Add cabbage leaves, sauté stirring until just wilted 1 minute

Pour stock mixture over vegetables. Mix so all the vegetables are coated.

Cook 1 minutes to heat the sauce.

Serve garnished with scallions.