

Soy Curl Stir Fry

The Vegan Gym · Lunch · Dinner · GF

520 cal · 38g protein · 68g carbs · 12g fat · 4 servings

Ingredients

- 6 cups cooked brown rice
- 360g dried soy curls rehydrated
- 1½ onions sliced
- 12 cloves garlic minced
- 6 scallions sliced
- 3 large red bell peppers sliced
- 1050g broccoli florets
- Stir fry sauce:
 - 2 tbsp miso paste
 - 2 tbsp maple syrup
 - 2 tbsp rice vinegar
 - 3 tbsp tamari
 - 1 tbsp garlic chili sauce
 - 2 tbsp arrowroot powder mixed with water

Instructions

1. Rehydrate soy curls by soaking in warm water for 10 minutes. Drain and squeeze out excess water.
2. Make the stir-fry sauce: whisk together miso paste, maple syrup, rice vinegar, tamari, and garlic chili sauce. Mix arrowroot powder with a splash of water separately.
3. Cook brown rice according to package directions.
4. Heat a large wok or skillet over high heat. Add sliced onions and cook 2-3 minutes.
5. Add minced garlic, sliced bell peppers, and broccoli florets. Stir-fry for 4-5 minutes until crisp-tender.
6. Add the rehydrated soy curls and cook 3-4 minutes until lightly browned.
7. Pour in the sauce and the arrowroot slurry. Toss everything to coat. Cook 1-2 minutes until sauce thickens.
8. Serve over brown rice and garnish with sliced scallions.

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