

Vegan Ginger Teriyaki Stir Fry

#cooking/recipe

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#cooking/dinner

#cooking/vegetarian

#cooking/vegan

Vegan Ginger Teriyaki Stir Fry (Meal Prep) | Sweet Peas and Saffron

Ingredients

- 1 tablespoon olive oil
- 4 cups vegetables (broccoli, snap peas & zucchini pictured)
- 2 cups edamame shelled
- 1 tablespoon ginger finely chopped
- 1 clove garlic crushed

Vegan Teriyaki Sauce

- 3 tablespoons reduced sodium soy sauce (tamari or coconut aminos may be subbed)
- 5 tablespoons maple syrup
- 1 teaspoon sesame oil
- 2 teaspoons corn starch
- 1/2 teaspoon red pepper flakes (optional)
- 1 teaspoon sake (optional; mirin, sherry or white wine may be subbed)

Process

Shake together all vegan teriyaki sauce ingredients and set aside.

Heat oil over medium heat in a large pan.

Add the vegetables and edamame. Cook for 5-7 minutes, stirring occasionally, until softened (but you still want them to be a bit crisp).

Give the vegan teriyaki sauce a good shake, then pour into the pan. Cook for 1-2 minutes until sauce is thickened and all veggies are coated.

Serve immediately over rice.

Nutrition

Servings: 4

Calories: 225

Fat: 1g

Carbs: 27g

Protein: 12g