

# Vegan Ginger Teriyaki Stir Fry

#cooking/recipe

#2019/November

---

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