

How to Use a Wok to Stir-Fry Vegetables

A step-by-step guide on how to use a wok to cook a quick, easy meal

Introduction:

In this guide, you will learn how to use a wok to stir fry vegetables. Stir-frying vegetables using a wok is both quick and easy. The ingredients used in this guide can be changed depending on your preferences, and additional ingredients such as meat can be added too. However, take into consideration the warning regarding food down below when adding ingredients.



This guide is designed to walk you through the process of stir-frying vegetables in a wok step-by-step. By the end, you should be able to repeat the process of stir frying vegetables and be able to serve out enough food for two people. This guide requires certain ingredients and cookware, so check below before starting otherwise you may run into difficulties. The cooking of this dish should take no more than 30 minutes to complete.

WARNING

Pay close attention to your cooking and never leave your cooking unattended. Be careful when operating your stovetop and wear appropriate protection. To prevent burns, be aware of what burners are hot and do not place your hand or anything flammable near such burners.



WARNING

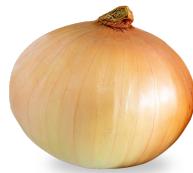
Cooking with spoiled vegetables or other ingredients can cause sickness. Before cooking, carefully check your ingredients and wash them off. Discard any ingredients that are expired. If you are adding extra ingredients to this meal, such as meat, make sure it is fully cooked before adding. Or, make sure the meat is fully cooked with the stir fry. Furthermore, check to make sure you are not allergic to any of the ingredients before adding them to your dish.



Ingredients & Cookware:

Ingredients:

- Olive oil



- Soy Sauce



- Vegetables:

- Onions, carrots, red & yellow peppers, broccoli, mushrooms, and green onion

Cookware:

- Wok (with or without the lid)
- Spatula
- A Sharp Knife (for cutting vegetables)
- A Cutting Board (or some flat surface which is safe to cut vegetables on)



- Plates/bowls for serving the stir-fried vegetables
- And, of course, a stovetop (or some other device which you can use to cook food with in a similar fashion)

Step-by-step Guide:

First Step: Preparing the vegetables, cooking surface, and wok (10-15 minutes)

1. Put your cutting board and knife on a flat, stable surface
2. Grab your vegetables, wash them individually under a stream of cool water, and let them dry
3. Once vegetables are dry, place them onto the cutting board and cut them into small pieces of roughly equal size (depending on the vegetable) and/or dice them.
4. Turn on the heat of one of your stovetop's burners to approximately medium- high heat (roughly 50-70% of the way of your dial, if that is how your stovetop operates).
5. Before placing wok on the active burner, put roughly 1-2 tablespoons of olive oil in your wok and spread it around, making sure the walls of the wok are oiled.
6. Place the wok onto the active burner and wait a few minutes for it to heat up
7. **EXTRA NOTE:** If you are planning to add meat to your stir fry, you should cook the meat fully **before** adding it to stir fry to ensure it is fully cooked. The warning above notes how uncooked meat can cause illness and you should look up how to cook your respective meat online before adding it.



Wash vegetables thoroughly



Cut up the vegetables



Turn on stovetop

Second Step: Stir-frying the vegetables (5-10 minutes, depending on heat)

1. Once the wok has been heated up from the stovetop, throw your cut-up vegetables into the wok.
2. Either using a spatula or by holding the wok's handle after a lid has been placed on top, constantly move the food around .
3. Halfway through the process, pour in some soy sauce (to your liking) to give the stir-fried vegetables more color and taste.



Keep the vegetables moving!

- When the vegetables have become crispy to your liking, turn off the burner and get ready to serve your stir-fried vegetables

Third Step: Serving your meal (less than 5 minutes)

- To take your stir-fried vegetables out of the wok, use your spatula to push it onto a plate or bowl. Otherwise, you can use a cooking-appropriate spoon that won't scratch the wok and can handle the heat to serve your vegetables.
- Once the vegetables are on the plate, you may apply additional soy sauce (or other sauces) and garnish with chopped up green onions.
- Remember to place the wok (which is likely still very hot) on the stovetop on a **non-active** burner to let it cool down before washing.

Conclusion:

Awesome, you now have stir-fried vegetables and can enjoy your easy-to-prepare and healthy meal! Once you have completed eating, the wok you used to stir-fry the vegetables will likely be cool enough to now wash. The great thing about stir-frying using a wok is that you use less oil in your cooking, making your meal not only healthier but also the wok is easier to wash and care for. I suggest quickly washing out your wok after eating so that when you need to cook up a quick meal again, it will be ready.

My suggestion for your next stir fry is to add meat, noodles or rice and see what other delicious and easy dishes you can make! Have fun!