



Spring Vegetable Stir-Fry

Serve over steamed rice or cauliflower rice. Serves 4-6

- 1 tablespoon hoisin sauce
- 1 tablespoon soy sauce, tamari or coconut aminos
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- ½ teaspoon arrowroot powder
- 2 tablespoons avocado oil, divided
- 1 leek, white part only, halved and thinly sliced (save the green part for stock or vegetable soup)
- 1 tablespoon ginger, grated on a microplane
- ½ pound asparagus, cut into bite-size pieces and tough ends removed
- ½ pound sugar snap peas, halved on the diagonal
- 1 head broccoli, cut into small florets

In a small bowl, combine ¼ cup water, hoisin sauce, soy sauce, vinegar, sesame oil and arrowroot powder. Stir until the arrowroot dissolves.

Heat a wok or large frying pan over a high heat until hot. Add 1 tablespoon of avocado oil. Add the leek and ginger and stir-fry until tender, about 2 minutes. Then add the remaining 1 tablespoon of avocado oil, keep the heat high and stir in the asparagus, sugar snap peas and broccoli. Sauté until heated through, about 1-2 minutes.

Add the sauce to the pan and stir to combine. Serve immediately.

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