

Stir-Fried Broccoli in a Spicy Peanut Sauce

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Preparing the Sauce

- 1/4 cup creamy peanut or almond butter*
 - 1/4 cup hot water
 - 2 tbsp sweetener (such as brown sugar or agave)
 - 1 to 2 tbsp tamari or soy sauce
 - 1 tbsp Shao Hsing rice wine or dry sherry
 - 2 tsp sambal oelek (or to taste)
 - 1/2 lime (optional)
- To prepare the sauce, whisk all of the ingredients together in a bowl.
- If the sauce seems a bit too thick, add a bit more water. Taste and adjust the sauce, until you like the saltiness, acidity and heat level. For instance, if you need more salt, add a bit more tamari (or soy sauce), if you need more tartness, add more rice wine and if you want more heat, add more sambal.
- If desired, add a bit of fresh lime juice.
- Set aside while you prepare the rest of your mise en place.

Step 2: Preparing Your Mise en Place

- 1 1/2 lb broccoli crowns (approx. 3 1/2 cups)
 - 1 red pepper
 - 2 garlic cloves
 - 1/4 cup unsalted peanuts*
 - 1/4 cup water
 - 1 tbsp soy sauce
 - 1/4 tsp crushed chili flakes (or to taste)
- To prepare your mise en place, cut the broccoli into bite-sized florets. Cut and deseed the red pepper and cut into 1 1/2-inch slices. Mince the garlic. Roughly chop the peanuts.
- *Note: If you are allergic or choose not to eat peanuts, you can substitute with another nuts, such as almonds or cashews.
- Lastly, gather the water, soy sauce and chili flakes.

Step 3: Stir-Frying the Dish

- 1 to 2 tsp peanut or grape seed oil
- To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat.
- Once hot, add the oil, followed by the broccoli. Let cook for a minute or so and then add a touch of water and place a lid over top. This will help the broccoli to steam a bit. Let cook for another 2 or 3 minutes. Then remove the lid and check for doneness. When done, the broccoli should be somewhat tender but still bright in color. Alternatively, you can parcook the broccoli ahead of time to shorten the cooking time.
- Next, add the water, soy sauce and red peppers. Let cook, stirring frequently for about 2 minutes and then add the garlic. Cook for another 30 to 60 seconds or until the peppers have softened slightly and the liquid has evaporated. Turn off the heat and add the peanut sauce and chili flakes. Toss to coat the ingredients.
- Lastly, garnish with the nuts and serve immediately. If desired, serve with some additional sambal oelek on the side.