

GLAZED ASIAN INSPIRED STIR-FRIED VEGETABLES



I found the original recipe in Christopher Kimball's Milk Street and adapted it to have a few more veggies and a little different sauce. I love the flavor and look of glazed vegetables, and this is an Asian-influenced recipe with a nice kick to it. We serve it with brown rice. Can be a main or side dish

INGREDIENTS:

1 medium zucchini
1 Japanese eggplant
1 Cup Sugar Snap Peas
2-4 oz shiitake mushrooms-stemmed and halved
4 oz baby bok choy-trim and slice into 1-inch pieces
1 medium carrot-peeled and sliced into ½ slices
3 garlic cloves-diced
2 Cups Bean Sprouts
2 tablespoons gochujang
3 tablespoons soy sauce
1 tablespoon dark brown sugar
1 tablespoon rice vinegar
¼ cup oil-grapeseed or avocado oil
Sesame seeds - optional

DIRECTIONS

- Slice zucchini lengthwise then into 1 inch pieces, do the same with the eggplants
- Lightly salt them and let sit for 15 min then drain and pat dry
- Mix together the gochujang, soy, sugar, vinegar and some ground pepper and set aside
- Heat oil in a 12-inch skillet. Cook garlic briefly and remove for later. Add the zucchini and eggplant, turning once or twice until browned, about 5 minutes
- Add the mushrooms and carrots for about 3 minutes and then add the bok choy and garlic and cook another minute or 2. Add the sauce and cook over medium-high heat, stirring frequently, until veggies are glazed and appear tender-crisp, add bean sprouts for the last minute or so or just add, toss and take off heat. Season with salt and pepper. Top with sesame seeds if desired.

Note: amounts and type of vegetables can be varied depending on what you have.