



STIR FRY WITH HOMEMADE TERIYAKI

INGREDIENTS

TERIYAKI SAUCE INGREDIENTS
(YIELDS 1 1/2 CUP TERIYAKI SAUCE):

- 1 cup water
- 1/4 cup light brown sugar, packed
- 1/4 cup low-sodium soy sauce
- 1-2 tablespoons honey
- 1 large clove of garlic, finely minced
- 1/2 teaspoon ground ginger
- 2 tablespoons cornstarch
- 1/4 cup cold water

STIR FRY INGREDIENTS
(SERVES 1)

- 1/2 cup steam-in-bag brown rice, ~1/2 pack per team
- 1-2 tablespoon canola oil
- ~ 1/2 bell pepper, cut into 2x1/3-inch strips
- ~ 1/2 onion, cut into 1/2-inch slices
- 1 clove of garlic, finely minced

ADDITIONAL UNIQUE INGREDIENT IDEAS
SUGGESTED MEASUREMENTS BASED UPON
5 SERVINGS/1 SERVING PER TEAM

- 1 pound cooked chicken breast, sliced
- 2 large carrots
- 1 crown of broccoli florets
- 1 cup mushrooms
- 1 head baby Bok choy
- 1 bunch of scallions
- Sesame seeds
- 1 pack of seaweed snacks
- Fresh ginger

INSTRUCTIONS:

1. Make the teriyaki sauce. In a small pot, combine the water, brown sugar, soy sauce, honey, garlic, and ginger. Bring to a gentle simmer over medium heat.
2. In a small bowl, whisk together the cornstarch and water to create a slurry.
3. Reduce sauce to a low heat. Stir in the slurry and thicken to desired consistency. Remove from heat. If the sauce becomes too thick, add water to thin out to desired consistency.
4. Select your unique ingredients for your stir fry. Decide how you want to serve them: cooked or uncooked.
5. Heat a large skillet (or wok) over high heat. Add 1 tablespoon of oil, swirl to coat the pan. Allow oil to heat. Add any desired vegetables. Cook for about 1 minute, stirring constantly.
6. Add 1 tablespoon of water, additional seasonings or meat, and cook until vegetables are crisp and tender: about 2-5 minutes. If the pan starts to dry out, continue to add 1 tablespoon of water at a time to prevent burning.
7. Pour desired amount of teriyaki sauce to the stir fry and stir to coat until the sauce has thickened.
8. Serve alongside warmed rice with any additional toppings.