



Tuesday Night Stir Fry

NIBBLEDISH CONTRIBUTOR

Ingredients

One bunch asparagus
2 bell peppers julienned
one bunch green onions white and green parts sliced on the diagonal
one red onion
2 bunches fresh spinach
extra firm tofu
soy sauce
rice wine vinegar
1 tbsp oyster sauce
4 cloves garlic minced
3 tablespoons ginger grated or minced
olive oil
dash of lime

Instructions

Heat a swirl of oil in a wok to coat the sides, then add ginger and garlic cooking until fragrant, about 2 minutes. Next you want to add the vegetables that will take the longest time to soften, like the onions. When the harder ingredients are beginning to brown and soften I begin to make the sauce, adding the oyster sauce and about 2 tbsp soy and a spritz of vinegar

Then comes the fun part. Add all remaining vegetables with the exception of the spinach and cook until done, but crunchy, about 6 minutes. Now toss! Now the tofu and the spinach hit the wok and everything comes together. Taste the sauce. What

does it need? More soy, pepper, maybe a dash of sesame oil or lime juice. The possibilities are truly endless.

Serve the sloppy sloppy mess over rice and you will not be disappointed.