

Spicy Peanut Stir Fry



YIELDS:

4 servings

INGREDIENTS:

- 2 Tbsps. peanut oil
- 1 cup carrots, sliced on the diagonal
- 1 cup celery, sliced on the diagonal
- 1 Tbsp. hot sauce, such as Tabasco Chipotle Smoked
- 1 Tbsp. soy sauce
- 1 Tbsp. teriyaki sauce
- 1 medium Vidalia onion, sliced
- 1 cup broccoli, cut into bite-sized florets
- 1 cup cauliflower, cut into bite-sized florets
- 1 cup fresh spinach, coarsely chopped
- 3/4 cup roasted peanuts

DIRECTIONS:

Heat the wok over medium-high heat and add peanut oil. After 30 seconds, add the carrots and celery and allow to fry for 1 minute. Add the remaining ingredients except spinach and peanuts. Cook, stirring regularly, until the vegetables become crisp and tender. Add the spinach and peanuts in the last 2 minutes of cooking to wilt the spinach and heat the peanuts. Crisp, but crunchy veggies are just right. Serve with rice.

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