

# Asian Vegetarian Stir Fry

*Serves 4:*

## Ingredients

sushi rice, cooked according to directions

2 tablespoons sesame seeds

1 to 2 tablespoons grapeseed or peanut oil

3 to 4 large garlic cloves, thinly sliced

1 inch piece ginger, peeled and thinly sliced

1 red chile pepper, seeded and thinly sliced

1 to 2 bell peppers, seeded and julienned

4 to 5 baby bok choy, quartered lengthwise

1/2 pound snow peas, trimmed and cut in half

1/2 pound shiitake mushrooms, stemmed and sliced

4 to 6 scallions, white and light green parts, cut into 1 inch pieces diagonally

1 to 2 tablespoons low sodium soy sauce

1 to 2 tablespoons oyster sauce

2 teaspoons toasted sesame oil

kosher salt, if needed

## Preparation

To begin, set a pot of rice to cook.

In a small skillet, toast sesame seeds, watching closely to make sure they don't burn, and set aside.

Prep all vegetables; have sauces ready--this cooks quickly.

Heat up a wok pan, or a large skillet, until very hot; add a neutral oil and heat until shimmering.

Add garlic, ginger and chile and cook, stirring frequently, until translucent and fragrant.

Begin adding veggies that take longer to cook, like bell pepper.

Stir and cook until just beginning to turn translucent; add baby bok choy and toss.

When bok choy begins to wilt, stir in snow peas and shiitake mushrooms; cook for 2 minutes.

Toss in scallions and add soy sauce and oyster sauce, combining veggies and sauces well.

Finish with sesame oil and sprinkle with sesame seeds; taste for seasoning, adding kosher salt if needed.

Serve rice in shallow bowls, topping with crunchy vegetable stir fry.

Drizzle with a bit more sesame oil and sesame seeds.

*passioneats* | 4.29.2011

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