

This Broccoli, Carrot, and Mushroom Stir-Fry Is the Quick, Flavor-Packed Veggie Dish I Keep Coming Back To

Why This Stir-Fry Is Always a Win



TIME
20 min

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ChefManiac

INGREDIENTS

You'll Need

DIRECTIONS

1. Step-by-: Step)
2. Prep : Everything First
3. Stir-frying happens fast, so I chop and prep everything before I even heat the pan. The carrots are sliced thin on a bias for quick, even cooking, and I like cremini or shiitake mushrooms for their deep flavor.
4. Mix the : Sauce
5. In a small bowl, I whisk together the soy sauce, oyster (or hoisin) sauce, sesame oil, honey, chili flakes, and the cornstarch slurry. This combo gives the stir-fry that classic glossy finish and layered flavor.
6. Heat the : Oil and SautØ Aromatics
7. I heat the oil in a large skillet or wok over medium-high heat. Once it's shimmering, I toss in the garlic and ginger and stir-fry for 30 seconds-just until fragrant. It sets the flavor base for everything else.
8. Stir-: Fry the Vegetables
9. I add the broccoli and carrots first, since they take longer to cook. I stir-fry for about 3-4 minutes, then add the mushrooms and cook another 2-3 minutes until the mushrooms are softened and everything's tender-crisp.
10. Pour in the : Sauce
11. I give the sauce a quick stir and pour it over the veggies. As soon as it hits the pan, it starts to

thicken. I toss everything to coat and cook for another minute or two, until the sauce clings beautifully to every bite.

12. Garnish and : Serve
13. Right before serving, I sprinkle on sliced green onions and sesame seeds. Sometimes I'll add a drizzle of extra sesame oil for richness or a squeeze of lime for brightness.
14. How I : Like to Serve It
15. This stir-fry is incredibly versatile. Here are a few of my favorite ways to enjoy it:
16. Over steamed rice
17. (white, brown, or jasmine)
18. With noodles
19. like rice noodles or soba
20. Topped with tofu or shrimp
21. for extra protein
22. As a side dish
23. to grilled chicken, salmon, or seared tempeh
24. It also works great as a healthy lunch the next day-just reheat gently in a pan to keep the veggies from going mushy.
25. Tips : From My Kitchen

More recipes: ChefManiac.com

Original recipe: <https://chefmaniac.com/this-broccoli-carrot-and-mushroom-stir-fry-is-the-quick-flavor-packed-veggie-dish-i-keep-coming-back-to/>