

Savory Broccoli, Carrot & Mushroom Stir-Fry - A Quick & Healthy Veggie Classic

Broccoli, Carrot, and Mushroom Stir-Fry



TIME
20 min

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INGREDIENTS

For the Stir-Fry:

- 2 cups broccoli florets
- 1 large carrot, thinly sliced on the diagonal
- 1 cup mushrooms (shiitake, button, or cremini), sliced
- 2 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 2 tbsp vegetable oil (or sesame oil for richer flavor)
- 2 green onions, sliced (optional garnish)
- Sesame seeds (optional garnish)

For the Sauce:

- 3 tbsp low-sodium soy sauce
- 1 tbsp oyster sauce (use hoisin sauce for vegetarian option)
- 1 tsp sesame oil
- 1 tsp honey or brown sugar
- 1/2 tsp chili flakes (optional)
- 1 tsp cornstarch mixed with 2 tbsp water

DIRECTIONS

- 1.** Prep Your Vegetables: Wash and slice the broccoli, carrots, and mushrooms. Mince the garlic and ginger. Set everything within reach-this dish cooks fast!
- 2.** Make the Stir-Fry Sauce: In a small bowl, mix the soy sauce, oyster/hoisin sauce, sesame oil, honey, chili flakes (if using), and the cornstarch slurry. Set aside.
- 3.** Sautø the Veggies: Heat vegetable or sesame oil in a large skillet or wok over medium-high heat. Add garlic and ginger, stir for 30 seconds.
- 4.** Add carrots and broccoli. Stir-fry for 2-3 minutes, then add mushrooms. Cook another 2-3 minutes, stirring frequently.
- 5.** Add the Sauce: Pour the prepared sauce over the vegetables and toss well. Let it simmer for 1-2 minutes until it thickens and coats the vegetables evenly.
- 6.** Garnish and Serve: Remove from heat. Sprinkle with green onions and sesame seeds if using. Serve hot over rice, noodles, or enjoy it as is!

SWAPS & NOTES

Use hoisin sauce instead of oyster sauce.

Add Protein: Toss in tofu cubes, cooked chicken, or shrimp for a protein boost.

Extra Veggies: Add snap peas, baby corn, or bell peppers.

Use tamari or coconut aminos instead of soy sauce. ???
Step-by-Step Instructions 1.

TIPS FOR SUCCESS

Don't Overcrowd: Stir-fry in batches if needed to keep veggies crisp.

High Heat = Fast Cooking: Use medium-high heat for those beautiful sears.

Prep First: Have all ingredients chopped and ready-stir-frying is quick. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

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