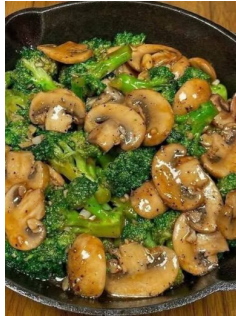


The Best 20-Minute Broccoli & Mushroom Stir-Fry (Easy, Healthy Weeknight Meal)

The Best 20-Minute Broccoli & Mushroom Stir-Fry: Better Than Takeout, Faster Than Delivery



TIME
20 min

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INGREDIENTS

Swaps and Notes:

Mushroom Variety: Try this with shiitake, oyster, or even portobello mushrooms.

Protein Boost: Add 1 cup of cubed, pan-fried tofu, or pre-cooked chicken/shrimp toward the end. If you want a fun chicken side dish, you should try my [Easy Cheesy Chicken Sliders with Marinara Garlic Butter](#).

Heat Level: If you don't have dried Chinese chili peppers, substitute with a pinch of red pepper flakes, or a 2 1/2 teaspoon of Sriracha added to the sauce.

Gluten-Free: Use tamari or coconut aminos in place of the soy sauces.

Step-by-Step Instructions:

1. Prep the Sauce and Slurry:

In a small bowl, whisk together all the Sauce ingredients (broth, light soy sauce, dark soy sauce, sugar, pepper, sesame oil). Set aside.

In a separate small bowl, combine the Slurry ingredients (cornstarch and water) and mix until the cornstarch is completely dissolved. Set aside.

2. Perfectly Cook the Broccoli:

Heat 1 1/2 cup of water in your large skillet or wok over medium-high heat until it boils.

Add the broccoli florets and sprinkle with a pinch of salt. Cover the pan and let the broccoli steam for 1 minute.

Uncover and continue to cook and stir until the broccoli is bright green, al dente (crisp-tender), and all the water has evaporated.

Transfer the broccoli immediately to a plate and set it aside.

3. Sear the Mushrooms:

Wipe the pan completely clean with paper towels.

This is essential for a good sear.

Add 2 tablespoons of the peanut oil to the pan and turn the heat to high.

Add the sliced mushrooms. Let them sear for 1 minute without touching them.

Flip the mushrooms and continue to cook and stir occasionally for 2 to 3 minutes, until they are browned and all their liquid has evaporated.

4. Build the Flavor Base:

Move the mushrooms to one side of the pan. Pour the remaining 21 tablespoon of oil into the empty side.

Add the dried chili peppers, minced garlic, minced ginger, and sliced green onion.

Stir this aromatics mixture for a few seconds until the chili peppers turn a deeper red and the ginger/garlic is fragrant (about 30 seconds). Be careful not to burn the garlic!

Stir everything together with the mushrooms.

5. Finish and Thicken:

Add the cooked broccoli back into the pan.

Pour in the prepared Sauce mixture. Stir and cook for 30 seconds to coat everything.

Give the slurry mixture a quick stir again (cornstarch settles quickly).

Swirl the slurry into the pan. Cook and stir continuously for about 30 seconds until the sauce thickens and becomes glossy.

Transfer immediately to a big plate. Serve hot.

Tips for Success:

High Heat is Your Friend: A stir-fry is meant to be cooked fast over high heat. Make sure your pan is screaming hot before adding the oil for the mushrooms.

Don't Skip the Broccoli Steam: The initial quick steam ensures the broccoli cooks quickly and evenly, giving it that perfect vibrant color and al dente texture.

Wipe the Pan: Removing the pan juices after the broccoli and before the mushrooms is key. This prevents the mushrooms from stewing and ensures they achieve a deep brown, concentrated flavor.

Prep Everything First: This is called mise en place. Because the cooking process is so fast, you need all your ingredients chopped, measured, and within arm's reach before you turn on the heat.

DIRECTIONS

1. **Prep the Sauce and Slurry:** In a small bowl, whisk together all the Sauce ingredients (broth, light soy sauce, dark soy sauce, sugar, pepper, sesame oil). Set aside.
2. In a separate small bowl, combine the : Slurry ingredients (cornstarch and water) and mix until the cornstarch is completely dissolved. Set aside.
3. **Perfectly Cook the Broccoli:** Heat 41 cup of water in your large skillet or wok over medium-high heat until it boils.
4. Add the broccoli florets and sprinkle with a pinch of salt. Cover the pan and let the broccoli steam for 1 minute.
5. Uncover and continue to cook and stir until the broccoli is bright green, al dente (crisp-tender), and all the water has evaporated.
6. Transfer the broccoli immediately to a plate and set it aside.
7. **Sear the Mushrooms:** Wipe the pan completely clean with paper towels. This is essential for a good sear.
8. Add 2 tablespoons of the peanut oil to the pan and turn the heat to high.
9. Add the sliced mushrooms. Let them sear for 1 minute without touching them.
10. Flip the mushrooms and continue to cook and stir occasionally for 2 to 3 minutes, until they are browned and all their liquid has evaporated.
11. **Build the Flavor Base:** Move the mushrooms to one side of the pan. Pour the remaining 21 tablespoon of oil into the empty side.

12. Add the dried chili peppers, minced garlic, minced ginger, and sliced green onion.
13. Stir this aromatics mixture for a few seconds until the chili peppers turn a deeper red and the ginger/garlic is fragrant (about 30 seconds). Be careful not to burn the garlic!
14. Stir everything together with the mushrooms.
15. Finish and Thicken: Add the cooked broccoli back into the pan.
16. Pour in the prepared : Sauce mixture. Stir and cook for 30 seconds to coat everything.
17. Give the slurry mixture a quick stir again (cornstarch settles quickly).
18. Swirl the slurry into the pan. Cook and stir continuously for about 30 seconds until the sauce thickens and becomes glossy.
19. Transfer immediately to a big plate. Serve hot.
20. Tips for Success: High Heat is Your Friend: A stir-fry is meant to be cooked fast over high heat. Make sure your pan is screaming hot before adding the oil for the mushrooms.
21. Don't : Skip the Broccoli Steam: The initial quick steam ensures the broccoli cooks quickly and evenly, giving it that perfect vibrant color and al dente texture.
22. Wipe the : Pan: Removing the pan juices after the broccoli and before the mushrooms is key. This prevents the mushrooms from stewing and ensures they achieve a deep brown, concentrated flavor.
23. Prep : Everything First: This is called mise en place. Because the cooking process is so fast, you need all your ingredients chopped, measured, and within arm's reach before you turn on the heat.
24. Serving Suggestions and Pairings: This stir-fry is incredibly versatile.
25. Main : Dish Pairings:

SWAPS & NOTES

Sauce Vegetable Broth 2 tablespoons Or water, but broth adds more depth.

Light Soy Sauce 1 1/2 tablespoons Standard soy sauce.

Dark Soy Sauce 2 1/2 teaspoons For color and a richer, slightly less salty flavor.

Sugar 1 teaspoon Balances the saltiness.

TIPS FOR SUCCESS

High Heat is Your Friend: A stir-fry is meant to be cooked fast over high heat.

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Don't Skip the Broccoli Steam: The initial quick steam ensures the broccoli cooks quickly and evenly, giving it that perfect vibrant color and al dente texture.

Wipe the Pan: Removing the pan juices after the broccoli and before the mushrooms is key.

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

Original recipe: <https://chefmaniac.com/the-best-20-minute-broccoli-mushroom-stir-fry-easy-healthy-weeknight-meal/>