

Garlic Stir-Fried Broccoli: The Quick & Flavorful Side Dish You Need Tonight

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10 min

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INGREDIENTS

List IngredientQuantityNotesBroccoli

DIRECTIONS

1. method works wonderfully with other firm vegetables like green beans, asparagus, or chopped bok choy.
2. Spice : It Up:
3. Add a pinch of red pepper flakes when sautØing the garlic for a touch of heat.
4. Mushroom : Seasoning:
5. If you don't have mushroom seasoning, a pinch of vegetable bouillon powder can work, but for the best results, try to find the mushroom powder-it adds a unique, earthy savoriness.
6. ??? Steps for the Recipe
7. Step 1: Prep the Broccoli
8. Cut the head of broccoli into small, uniform florets.
9. Step 2: Blanch the Broccoli
10. Bring a pot of water to a rolling boil and add a pinch of salt.
11. Add the broccoli florets to the boiling water and cook for about
12. 60 seconds (1 minute)
13. . This brief blanching is key to retaining the color and achieving the perfect crisp-tender texture.
14. Immediately drain the broccoli well and set it aside.
15. Do not rinse with cold water
16. , as the residual heat will help finish cooking the florets during the stir-fry.
17. Step 3: Mix the Sauce
18. In a small bowl, whisk together the oyster sauce, soy sauce, mushroom seasoning powder, sugar, and water. Set this sauce mixture aside.

19. Step 4: SautØ the Garlic
20. Heat a wok or large skillet over
21. . Once hot, add the cooking oil.
22. Add the minced garlic and sautØ quickly for about
23. 30 seconds
24. until it is fragrant and just turning lightly golden.
25. Be careful not to burn the garlic

SWAPS & NOTES

Broccoli 1 head (about 4 cups) Cut into bite-sized florets. Garlic 3 cloves Finely minced or pressed.

Vegetable Swaps: This stir-fry method works wonderfully with other firm vegetables like green beans, asparagus, or chopped bok choy.

Spice It Up: Add a pinch of red pepper flakes when sautØing the garlic for a touch of heat.

Step 2: Blanch the Broccoli Bring a pot of water to a rolling boil and add a pinch of salt.

TIPS FOR SUCCESS

High Heat is Essential: Stir-frying requires high heat to achieve the smoky "wok hei" flavor and ensure the vegetables cook quickly without steaming.

Blanching is Non-Negotiable: Don't skip the 1-minute blanch!

It sets the stage for a vibrant color and the ideal crisp-tender texture.

If you skip it, the broccoli will take too long to cook in the wok, risking overcooking the garlic and losing the bright green color.

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