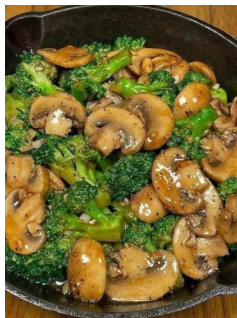


Easy Broccoli and Mushroom Stir-Fry Recipe for a Fast Healthy Dinner

Broccoli & Mushroom Stir-Fry



TIME
1 min

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INGREDIENTS

For the sauce:

- 2 tablespoons vegetable broth
- 1 1/2 tablespoons light soy sauce
- 1/2 teaspoon dark soy sauce
- 1 teaspoon sugar
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon sesame oil

For the slurry:

- 1 tablespoon cornstarch
- 2 tablespoons water

For the stir-fry:

- 1 pound broccoli, cut into bite-size florets
- Pinch of salt
- 2 1/2 tablespoons peanut oil
- 1/2 pound button mushrooms, sliced
- 4 dried Chinese chili peppers
- 2 cloves garlic, minced
- 1 tablespoon minced ginger
- 2 green onions, sliced

DIRECTIONS

1. Mix the sauce: In a small bowl, combine the vegetable broth, light soy sauce, dark soy sauce, sugar, black pepper, and sesame oil. Set aside.
2. Make the slurry: In another small bowl, stir together the cornstarch and water until smooth. Set aside.
3. Steam the broccoli: Heat 1/4 cup water in a large skillet over medium-high heat. Once the water starts to boil, add the broccoli and sprinkle with a pinch of salt. Cover the pan and let the broccoli steam for 1 minute.
4. Uncover and stir until the broccoli is al dente and the water has evaporated. Transfer the broccoli to a large plate.
5. Sear the mushrooms: Wipe the pan clean with paper towels. Add 2 tablespoons of oil and turn the heat to high. Add the mushrooms and let them sear for 1 minute without stirring.
6. Flip the mushrooms, then cook and stir occasionally for 2 to 3 minutes, until they are browned and there is no juice left in the pan.
7. Add the aromatics: Move the mushrooms to one side of the pan. Add the remaining 1/2 tablespoon of oil to the empty side, then add the dried chili peppers, garlic, ginger, and green onions. Stir a few times until the chili peppers turn dark red and fragrant.
8. Then stir everything together with the mushrooms.
9. Combine and finish: Add the broccoli back to the pan. Pour in the sauce and stir for about 30 seconds.
10. Stir the slurry again to make sure the cornstarch is fully dissolved, then swirl it into the pan. Cook and stir until the sauce thickens and coats the

vegetables.

11. **Serve:** Transfer everything to a serving plate and serve hot as a side dish or over steamed rice as a main dish.

SWAPS & NOTES

Button mushrooms are a great everyday choice, but cremini mushrooms work beautifully too if you want a slightly deeper flavor.

Light soy sauce gives the dish its main savory base, while the

small amount of dark soy sauce adds color and a touch of richness.

If you only have regular soy sauce, the flavor will still be good, though the balance may shift slightly.

The dried Chinese chili peppers add gentle heat and aroma.

TIPS FOR SUCCESS

Have all your ingredients prepped before you start cooking.

Stir-fry recipes move quickly, so it helps to have everything ready to go.

Do not crowd the mushrooms or stir them too early.

Letting them sear undisturbed first helps them brown properly and develop better flavor.

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

Original recipe: <https://chefmaniac.com/easy-broccoli-and-mushroom-stir-fry-recipe-for-a-fast-healthy-dinner/>