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Stir Fry with Fresh Vegetables

Adapted from Martha Rose Shulman

Cooking & Financial Tips

1. 4 elements: carb, veggies, protein, sauce
2. Mise en place
3. Unique ingredients
4. Consistent size cuts
5. Unique spice risk tolerance

1. 4 elements: savings, investment, protection, & legacy
2. Prepare in advance for life's expected unexpecteds
3. Unique financial plan
4. Consistent savings and investment
5. Unique investment risk tolerance

Ingredients

- $\frac{3}{4}$ pound skinless, boneless chicken breast or tenders, cut into pieces 1/4-inch thick and 1 inch long (can substitute other protein, such as beef, shrimp, tofu, etc.)
- 2 Tbsp of avocado oil (or canola or vegetable oil)
- 1 cup diced onion
- 1 Tbsp minced garlic
- 2 Tbsp finely shredded or minced ginger
- 2 cups broccoli florets, cut to the same size
- 1 zucchini, chopped into small pieces
- 1 large red bell pepper 6 to 8 ounces, cut in 2-inch julienne
- 1/2 cup celery chopped
- 1/2 half cup mushrooms
- 6 Tbsp soy sauce
- 2 Tbsp sesame oil
- 4 Tbsp of maple syrup
- 2 teaspoons cornstarch
- salt to taste

Preparation

In a large bowl, combine the chicken, 3 Tbsp soy sauce, 1 Tbsp sesame oil, 2 Tbsp maple syrup, and 1 teaspoon cornstarch. Let marinate for at least 30 minutes (can marinate overnight but refrigerate if not cooking right away).

Heat a 14-inch flat-bottomed wok or a 12-inch skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Add the oil to the bottom and sides of the pan and tilt the pan to distribute. Add 1/2 cup onion to the pan. Then, carefully lay the chicken pieces in one layer in the wok or pan. Let the chicken sear undisturbed. Once cooked, remove from heat and set aside.

Now in empty wok, add a little more avocado oil and then the remaining onion, garlic, and ginger. Add broccoli and zucchini, then red bell pepper. Stir Fry cooks quickly in one to two minutes - monitor it! Season with salt to taste.

To make the sauce, add the remaining soy sauce, sesame oil, maple syrup and cornstarch. Pour into Wok. Serve with brown rice, white rice or noodles.

