**Vegetable Stir-Fry**

**Sauce:**

¼ cup soy sauce

2 Tbsp. brown sugar

½ tsp. red pepper flakes (optional)

½ tsp. lime juice

1 Tbsp. chopped cilantro

2 Tbsp. corn starch

2 Tbsp. oil for frying

Sesame seeds for garnish

**Vegetables:**

1 onion

1 carrot

1 red bell pepper

1/2 can bamboo shoots

½ pkg. mushrooms

1/2 pkg. gai lan

1 can baby corn

2 green onions, sliced thinly

1 Tbsp. ginger-garlic paste

**INSTRUCTIONS**

**Day 1:**

1. Mise en place all ingredients.

**Day 2:**

1. Wash all the vegetables.
2. Cut the onion into strips.
3. Cut the carrot into sticks.
4. Cut the bell pepper into strips.
5. Quarter the mushrooms.
6. Cut the leaves of the gai lan into large pieces; cut the stems into bite sized pieces.
7. Slice the green onion into thin slices.
8. Whisk all sauce ingredients together in a small bowl.

**Day 3:**

1. In the 2 Tbsp. oil, fry the ginger-garlic paste and green onions until they become fragrant; about 1 minute.
2. Add the carrot and cook for 4 minutes, until it becomes slightly soft.
3. Add the mushrooms, onions, and bell peppers and cook for another 3 minutes, until slightly soft.
4. Add the gai lan, baby corn, and bamboo shoots. Cook for 1 minute.
5. Stir the sauce and then pour it into the veggies. It will almost immediately become thick. Stir the vegetables until coated.
6. Garnish with sesame seeds
7. Enjoy.