

15-Minute Teriyaki Stir-Fry

Serves 2-4

Ingredients

Stir-Fry

1 bag broccoli slaw
1 bag coleslaw mix
1 medium onion, thinly sliced
1-2 tbsp neutral oil (avocado, sesame, or olive oil)

Optional add-ins and vegetables (if you have them):

Plant-based protein (tofu, chick'n strips, edamame, sliced bell peppers or mushrooms)

Easy Teriyaki Glaze

1/3 cup coconut aminos or tamari
1 tbsp maple syrup or brown sugar
1 tsp garlic (minced or powder)
1 tsp fresh ginger or ginger powder
1 tsp cornstarch mixed with 2 tbsp water (for thickness)

Instructions

- Heat oil in a large skillet or wok over medium-high heat.
- Add sliced onions and cook for 2-3 minutes until slightly soft and fragrant.
- Toss in broccoli slaw and coleslaw mix. Stir-fry for 4-6 minutes until tender but still crisp.
- Pour in coconut aminos or tamari, maple syrup, garlic, and ginger. Stir well.
- Add cornstarch slurry and cook 1-2 minutes until the sauce starts to thicken and become slightly sticky.
- Add more sweetness, coconut aminos, or a splash of water if needed.
- Spoon the stir-fry over rice, over noodles, or do a half-and-half bowl for the best of both worlds.

Optional Flavor Boosts (Vegan Vicki Approved)

Sprinkle with sesame seeds or green onions

Drizzle chili crisp or sriracha