

SWEET CHILI  
COCONUT

# 7 STIR FRY SAUCE RECIPES

*you can freeze*

BASIL

SESAME  
LEMON

HOISIN  
PEANUT

MANGO  
5 SPICE

HONEY  
SRIRACHA

Sweet  
Peas <sup>AND</sup>  
SAFFRON 

## INSTRUCTIONS

Shake together all ingredients.  
Use immediately or freeze for up to 3 months.

### TO COOK:

In a large wok or frying pan, heat 1 tablespoon of vegetable oil over medium high heat. Add 6 cups of veggies and cook for 5 minutes or until softened. Remove the veggies from the pan (transfer to a large clean bowl).

Add 2 cubed boneless skinless chicken breasts to the pan with another tablespoon of oil. Cook for 5-8 minutes, until chicken is cooked through.

Add the sauce (thawed if necessary) to the pan with the chicken, and cook for 1-2 minutes, until heated through and thickened. Add the veggies and toss to coat.

Serve over rice

### Maple Ginger Stir Fry Sauce

#### Ingredients (serves 4)

3 tablespoons soy sauce  
5 tablespoons maple syrup  
1 teaspoon sesame oil  
¼-½ teaspoon red pepper flakes  
2 tablespoons ginger, grated finely  
1 teaspoon corn starch

#### Special notes:

Red pepper flakes may be reduced or omitted for a less spicy version

### Hoisin Peanut Stir Fry Sauce

#### Ingredients (serves 4)

¼ cup creamy peanut butter  
3 tablespoons hoisin sauce  
2 tablespoons water  
2 teaspoons lime juice  
½ teaspoon red pepper flakes

#### Special notes:

Red pepper flakes may be reduced or omitted to reduce the spiciness.

### Lemon Sesame Stir Fry Sauce

#### Ingredients (serves 4)

½ cup chicken stock  
Juice of 1 lemon (2.5 tablespoons)  
1 tablespoon sesame oil  
3 tablespoons brown sugar  
2 tablespoons soy sauce  
1 teaspoon corn starch  
2 teaspoons sesame seeds

### 5 Spice Mango Stir Fry Sauce

#### Ingredients (serves 4)

1 cup mango cubes  
2 teaspoons lime juice  
1 teaspoon sesame oil  
1 tablespoon water  
1 clove garlic  
¼ teaspoon red pepper flakes  
3 tablespoons brown sugar  
½ teaspoon Chinese 5-Spice

#### Directions:

Using a blender or immersion blender, combine all ingredients and blend until smooth.

#### Special notes:

Increase the brown sugar by 1-2 tablespoons if your mango is not sweet. Reduce/omit the red pepper flakes.

## Recipes

### Sweet Chili Coconut Stir Fry Sauce

#### Ingredients (serves 4)

200mL/ ½ can of full fat coconut milk  
¼ cup sweet chili sauce  
2 tablespoons soy sauce  
2 teaspoons lime juice  
½ teaspoons red pepper flakes

#### Special notes:

This is not a thick sauce. You could add 1 teaspoon cornstarch to thicken slightly.

Red pepper flakes may be reduced/ omitted for a less spicy version.

### Thai Lime & Basil Stir Fry Sauce

#### Ingredients (serves 4)

2 tablespoons soy sauce  
1 tablespoon fish sauce  
3 tablespoons brown sugar  
juice of 2 limes (3 tablespoons)  
1 teaspoon cornstarch  
optional: 1 Thai chili, chopped (remove seeds for a less spicy version)

#### fresh:

1 cup of basil leaves

#### Special notes:

IMPORTANT: basil must be added fresh. Thai chiles may be omitted for a non-spicy version.

### Honey Sriracha Stir Fry Sauce

#### Ingredients (serves 4)

¼ cup honey  
2 tablespoons soy sauce  
1-3 teaspoons sriracha  
1 tablespoon minced ginger  
1 clove garlic, minced  
1 teaspoon cornstarch