7 Stir Fry Sauce Recipes you can freeze
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

Recipes

Sweet Chili Coconut Stir Fry Sauce
Ingredients (serves 4)
- 200mL/½ can of full fat coconut milk
- ½ 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.

Maple Ginger Stir Fry Sauce
Ingredients (serves 4)
- 3 tablespoons soy sauce
- 5 tablespoons maple syrup
- 1 teaspoon sesame oil
- ¼ 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

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

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.

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.

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.

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