

COOKSMARTS GUIDE TO STIR-FRYING

Our guide to stir-frying teaches you the basics of this quick and healthy cooking method. With this simple cooking formula, you'll be able to get creative and make a variety of stir-fried dishes in your own home kitchen without ever having to order take-out again!

1 CHOOSE A PROTEIN 1 POUND



LAND
Boneless, skinless chicken thighs or breasts
Cubed

Pork tenderloin
Cubed

Flank or skirt steak
Sliced against the grain



SEA
Shrimp
Defrosted, rinsed, and patted dry

Squid or calamari
Sliced

Firm fish like tilapia, mahi mahi, or salmon
Cubed or sliced



VEGETARIAN
Extra-firm, vacuum-packed tofu
Cubed or sliced

Seitan
Chopped

Tempeh
Chopped

2 SEASON & TENDERIZE PROTEIN



If using chicken, pork, or steak, season with salt and pepper. Tenderize with a fork.

If prepping ahead of time, cover and refrigerate up to 1 day ahead.

3

CHOP AROMATICS (OPTIONAL) 1 TABLESPOON

Garlic | Green Onions | Shallots | Ginger



5

MAKE STIR-FRY SAUCE

BASIC SAUCE



3 cloves garlic
3 Tbsp soy sauce
1 Tbsp rice vinegar
1 Tbsp brown sugar
1/2 cup stock/water
1 1/2 Tbsp cornstarch

CURRY SAUCE



1 1/2 Tbsp curry paste
1 1/2 Tbsp fish sauce
2 tsp brown sugar
1/2 cup stock/water
2 tsp cornstarch

ORANGE-GINGER SAUCE



1 inch ginger
3 Tbsp soy sauce
1 Tbsp rice vinegar
1/2 cup orange juice (1 large orange)
1 1/2 Tbsp cornstarch

BLACK PEPPER SAUCE



3 Tbsp soy sauce
2 tsp rice vinegar
1 tsp brown sugar
1/2 cup stock/water
1 Tbsp black pepper
1 Tbsp cornstarch

SWEET & SOUR SAUCE



1 Tbsp soy sauce
2 Tbsp ketchup
1 Tbsp rice vinegar
1 Tbsp brown sugar
2/3 cup stock/water
1 1/2 Tbsp cornstarch

4

PREP VEGETABLES (MIX & MATCH) 4 CUPS



Onions	Broccoli or Cauliflower	Snow Peas or Sugar Snap Peas
Bell Peppers	Napa, Green, Red, or Savoy Cabbage	Green Beans
Carrots	Baby Spinach	Kale
Celery	Bok Choy	Asparagus
Chinese Eggplant	Frozen Peas, Edamame, or Corn	Zucchini and Summer Squash
Bean Sprouts	Mushrooms (Any Kind)	Baby Corn
Tomatoes		

7 FINISH THE DISH

Add a squeeze of lemon or lime juice, and season to taste with salt.



6

STIR-FRY



1 Heat a wok over medium-high heat. Add 2 tsp cooking oil. Once heated, add protein and let sit for 2 to 4 minutes before tossing to coat in oil. Sauté until proteins are golden and then remove from pan and set aside. (Protein does not have to be cooked all the way yet.)

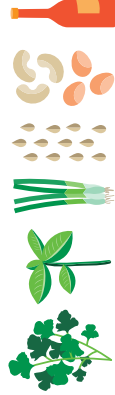


2 Wipe wok with a paper towel if needed, and return to medium-high heat. Add 1 1/2 tsp cooking oil to pan. Add aromatics, if using. Once you can smell the aromatics, add vegetables to heated oil with a sprinkle of salt, and stir-fry for ~10 minutes until tender but still crunchy. If the pan ever looks too dry and ingredients may burn, add a splash of water or stock.



3 Add protein back to wok and push all ingredients to the sides, forming a hole in the middle. Give your stir-fry sauce a stir and pour into the hole. Wait for it to bubble and darken before tossing everything through and making sure all the ingredients are coated.

4 Cook until all ingredients are tender, and then remove from heat.







8 OPTIONAL GARNISHES

Fresh Cilantro
Fresh Basil
Green Onions
Sesame Seeds
Cashews or Peanuts
Hot Sauce

STIR-FRY COMBOS

Here are our favorite stir-fry combos for quick, delicious, and healthy meals. With all the different proteins and veggies you can mix and match, you'll never have to order take-out again!

KEY	KUNG PAO CHICKEN	CLASSIC BEEF & BROCCOLI	BEAN SPROUT STIR-FRY	SAVORY SPINACH & TOMATO STIR-FRY	EASY WEEKNIGHT STIR-FRY	GREEN STIR-FRY	CABBAGE, CARROT & CORN STIR-FRY	EGGPLANT & FISH STIR-FRY
 PROTEIN	Chicken	Steak	Tofu	Pork	Steak	Tilapia	Mahi Mahi	
 VEGETABLES	Carrots, Celery, Snow Peas, Baby Corn	Broccoli	Roma Tomatoes, Baby Corn, Baby Spinach	Onions, Carrots, Celery, Brown Mushrooms	Napa Cabbage, Snow Peas, Edamame	Cabbage, Carrots, Corn	Eggplant, Bean Sprouts	
 SAUCE	Basic Sauce	Basic Sauce	Basic Sauce	Basic Sauce	Basic Sauce	Basic Sauce	Basic Sauce	
 GARNISH	Lemon Juice, Hot Sauce, Peanuts	Lemon Juice	Lemon Juice, Hot Sauce, Green Onions	Lemon Juice, Hot Sauce	Lime Juice, Green Onions	Lemon Juice, Hot Sauce, Green Onions	Lemon Juice, Fresh Basil, Sesame Seeds	
RED CURRY SHRIMP STIR-FRY	TWO-PEAS GREEN CURRY STIR-FRY	SALMON & GREEN BEAN CURRY STIR-FRY	SPRING STIR-FRY	ORANGE CASHW CHICKEN	ORANGE SCALLION TILAPIA	ORANGE-GINGER & CASHW STIR-FRY	ORANGE-SESAME STIR-FRY	
Shrimp	Chicken	Salmon	Squid	Chicken	Tilapia	Salmon	Tempeh	
Onions, Bell Peppers, Chinese Eggplant	Onions, Snow Peas, Peas	Green Beans, Brown Mushrooms	Zucchini, Asparagus, Peas, Corn	Bell Peppers, Zucchini, Sugar Snap Peas	Bok Choy	Asparagus, Edamame	Onions, Bell Peppers, Kale	
Curry Sauce	Curry Sauce	Curry Sauce	Curry Sauce	Orange-Ginger Sauce	Orange-Ginger Sauce	Orange-Ginger Sauce	Orange-Ginger Sauce	
Lime Juice, Fresh Cilantro	Lime Juice, Fresh Cilantro	Lime Juice, Fresh Cilantro	Lemon Juice, Hot Sauce	Lemon Juice, Cashews, Green Onions	Lemon Juice, Green Onions	Lemon Juice, Sesame Seeds, Cashews	Lemon Juice, Sesame Seeds	
SQUID WITH BLACK PEPPER SAUCE	SPICY CAULIFLOWER STIR-FRY	PEPPERY PORK STIR-FRY	BLACK PEPPER CHICKEN STIR-FRY	SWEET & SOUR CASHW TOFU	SWEET & SOUR SHRIMP	SWEET & SOUR PORK & VEGETABLE STIR-FRY	SWEET & SOUR BASIL EGGPLANT	
Squid	Seitan	Pork	Chicken	Tofu	Shrimp	Pork	Chicken	
Onions, Bell Peppers	Onions, Cauliflower, Shiitake Mushrooms	Bell Peppers, Zucchini	Onions, Broccoli, Mushrooms	Bell Peppers, Broccoli, Chinese Eggplant	Onions, Bell Peppers, Sugar Snap Peas	Carrots, Bell Peppers, Green Beans	Eggplant	
Black Pepper Sauce	Black Pepper Sauce	Black Pepper Sauce	Black Pepper Sauce	Sweet & Sour Sauce	Sweet & Sour Sauce	Sweet & Sour Sauce	Sweet & Sour Sauce	
Lemon Juice	Lemon Juice	Lemon Juice, Green Onions	Lemon Juice, Fresh Cilantro, Peanuts	Lemon Juice, Green Onions	Lemon Juice	Lemon Juice	Lemon Juice, Sesame Seeds, Fresh Basil	

To learn more cooking formulas to help you live healthier and smarter in the kitchen, visit [cooksart.com](https://www.cooksmart.com)