



Broccoli and Carrot Stir Fry

Jacob · 29/09/2024



Prep Time

26 mins

Difficult

Medium

Servings

5

Description

A simple and healthy side dish that will go well with any meal. It's also quick and easy to make. Broccoli, carrots, and seasonings are stir-fried to perfection.

Ingredients

- 5 ½ cups broccoli florets - 1 carrot
- thinly sliced - 2 teaspoons water - 1 teaspoon cornstarch - 1 teaspoon chicken bouillon granules
- or to taste - salt to taste - 2 tablespoons peanut oil

Instructions

1. Bring a large pot of lightly salted water to a boil. Add broccoli and cook uncovered until bright green
2. about 2 minutes. Transfer broccoli to a bowl of ice water using a slotted spoon and immerse for several minutes to stop the cooking process. Drain. Bring water back to a boil in the same large pot; add sliced carrot and cook for 1 minute. Drain. Mix water and cornstarch together in a bowl until smooth. Add chicken granules and salt and mix well. Heat peanut oil in a wok or large skillet over high heat; sauté broccoli and carrots for 2 minutes. Add cornstarch mixture; cook and stir until vegetables are coated evenly
3. 1 to 2 minutes.