



Cooking With Kalota

Classic Stir Fry with Summer Veggies

This eastern inspired dish has countless variations. It's best to cook this in a wok so the heat is evenly distributed and the vegetables don't become "mushy". Eastern flavors like soy sauce, garlic, and ginger add a lot of flavor – kick up the intensity by adding spicy peppers and/or chilies. Prefer vegetarian? Omit the chicken. Serves 4 people.

- 1 cup brown rice
- 6 cups water
- 1 tbsp peanut or sunflower oil
- 1 chicken breast, sliced +
- 4 garlic cloves, minced
- 1 tbsp fresh ginger, minced
- 1/2 tsp Sambal (chili paste) *Optional, add as much or little spice as you like.*
- 4 sweet banana peppers, sliced
- 2 cups of kale, leaves & stems, chopped
- 2 medium carrots, cut into matchsticks
- 1 cup fresh green beans, halved
- 2 tbsp soy sauce
- 1 cup cherry tomatoes, sliced
- Salt & Pepper to taste

Directions:

In a medium size pot,

1. Add rice, water, a pinch of salt, and about 1 tsp oil.
2. Simmer on medium low heat until water is absorbed. Take the pot off the heat, cover, and let steam.

In a wok or large (and deep) sauté pan,

1. Heat the oil.
2. Add the chicken and sprinkle with salt and pepper.
3. Make sure the heat is on medium high so you get a good brown color on both sides of the chicken but make sure not to burn it. Toss and stir often until the chicken is cooked through.
4. Lower heat and make a well in the center of the pan. Add the garlic, ginger, and chili paste.
5. Make sure the garlic is not burning and stir a bit until it turns a pale yellow color (should only take a few seconds).
6. Add the banana peppers, kale, carrots, and green beans and toss well.
7. Add the cherry tomatoes and add the soy sauce and let vegetables cook until they turn a vibrant color but do not let them cook down. The point of this dish is crispy and flavorful vegetables, not mushy ones.
8. Taste for salt and pepper and more soy sauce. When vegetables are fully heated and the salt is at the right level, turn off the heat.
9. Plate rice on a bowl. Add the stir fry on top and serve.