

GF Friendly

Teriyaki Stir-fry with Fried Potatoes

a fruity Asian-style vegetable and meat stir-fry

This recipe is self-explanatory and I made it up as I went along. The type of meat is your choice; if you use any at all. Vegetables are also whatever you fancy – you'll need about 2 cups; but should you want simply vegetarian, just increase the quantity and stir in the Teriyaki sauce once they are cooked to satisfaction. As for the potatoes – the more, the merrier.

- 200g finely sliced pork (or other meat)
- 160g Teriyaki sauce (**Kikkoman is gluten free**)
- ½ sliced onion
- 1 button mushroom, peeled and sliced
- 1 cabbage leaf, chopped
- 1 thinly-sliced carrot
- ¼ cup frozen green beans
- ½ stick celery, thinly sliced
- ½ tsp Garam Marsala
- ½ tsp turmeric
- ½ tsp sesame oil
- 2 medium potatoes, peeled and cubed
- Light-tasting olive oil (or other) for shallow frying + 1 Tbsp for stir-frying the vegetables



Thinly slice the meat, place in a suitable container with a lid; then pour on the Teriyaki sauce and turn the slices over to coat well. Consign this to the fridge to marinate for at least 30 minutes.

Prepare the potatoes and par-boil until just softening. Drain and allow to dry slightly while sorting out the other vegies. In a frypan or wok (this uses less oil), pour in sufficient oil to a depth of about 1 cm (3/8 inch), heat on medium; then fry the potatoes, turning frequently until golden brown all over. Drain these and arrange separately on an oven tray lined with baking paper and set aside.

Once cool, pour off most of the oil into a screw-top glass jar (for later use). Warm the remaining oil and stir-fry the meat and marinade until cooked through. Remove this to a bowl; then add the extra olive oil, the sesame oil and spices and heat slightly before putting in the vegies. Stir-fry these over a medium heat until softening; then return the meat and marinade and toss well with the vegies. While doing this final stir-fry, put the potatoes into the oven on low to warm up.

Serves 2. You can substitute noodles or rice for the potatoes; or have both if you like.

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