

Broccoli Stir-Fry

Makes: 4 Servings

Ingredients

3 cups broccoli, chopped
1 cup water
1 Bouillon cube
1 cup onion, chopped
2 teaspoons cornstarch
2 teaspoons Hot Mustard
2 tablespoons Duck sauce
2 teaspoons soy sauce
1/2 teaspoon garlic powder
1 tablespoon vegetable oil
2 cups rice, cooked
3 cups broccoli, chopped

Directions

1. Boil water and add bouillon cube. Stir to dissolve and set aside to cool.
2. Wash and chop broccoli.
3. Cut onion in half. Cut ends and discard. Peel onion. Chop onion.
4. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch water back into bouillon water. Stir in hot mustard, duck sauce, soy sauce and garlic powder.
5. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes or until broccoli is tender.
6. Add sauce. Stir until mixture boils and thickens.
7. Serve broccoli over rice.
8. Enjoy!

Notes

Serving Size: 3/4 cup of stir-fry over 1/2 cup of rice