

Anna's Satay Stir Fry

Let's do Thai today, and next week, and the week after. Once you make up a pot of this sauce, you can have a stir fry for two on three more occasions. It can be as spicy as you want and you can serve the sauce over pretty much anything – meat, fish, chicken, veggies. Thanks for this one goes to Anna, the Moringa Lady, on St Thomas, USVI.



Ingredient list for 2 stir fry servings, 4 packets of sauce

Satay Sauce

- 2 tablespoons peanut or sesame oil
- 1 medium yellow onion (finely chopped)
- 3 large cloves garlic - minced
- 1 ½ tablespoons brown sugar
- 2 tablespoons soy sauce
- 4 tablespoons peanut butter (smooth or crunchy)
- ½ - 2 teaspoons dried red pepper flakes - to taste
- 1 13.5 ounce can unsweetened coconut milk



Stir Fry

- 1 tablespoon vegetable oil
- ½ red onion - thinly sliced
- ½ pound broccoli - cut head into florets & slice stems into small chunks
- ½ red bell pepper - julienned
- 1 cup snow peas
- ¼ pound mushrooms - quartered if small, sliced uniformly if large
- ¼ cup peanuts - coarsely chopped
- Cooked rice

- Make the sauce: Heat the oil in a heavy pan and sauté the onion until soft, add garlic and sauté a couple more minutes.
- Add the sugar and stir until slightly caramelized. Add the soy sauce and peanut butter and stir through.
- Add red pepper flakes to suit your degree of spiciness.
- Add coconut milk and mix well.
- Make the stir fry: Heat the oil in a wok or large fry pan and sauté the onion about 1 minute.
- Add the broccoli stems and bell pepper; cook, stirring constantly, until stems are bright green about 2 minutes.
- Add broccoli florets, snow peas and mushrooms, cook about another 2 minutes.
- Add ½ cup of satay sauce and heat through.
- Serve over rice and garnish with peanuts.

Note: Make the entire batch of Satay Sauce to yield leftovers for 3 more meals or double the ingredients to double your supply. Freeze servings of about ½ cup each in containers or bags for up to 6 months.