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# Garden-Fresh Stir-Fry With Seitan

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

## Ingredients

- ✚ 1/2 cup(s) sherry, dry, or Shao Hsing rice wine
- ✚ 1/2 cup(s) water
- ✚ 2 tablespoon sugar, brown
- ✚ 2 tablespoon lime juice
- ✚ 2 tablespoon hoisin sauce
- ✚ 2 teaspoon cornstarch
- ✚ 1/4 teaspoon salt
- ✚ 2 tablespoon oil, canola, divided
- ✚ 1 pounds seitan, chicken style, water-packed, drained, patted dry and broken into bite-size pieces
- ✚ 1/4 cup(s) nuts, peanuts, unsalted, chopped
- ✚ 2 teaspoon ginger, fresh, minced
- ✚ 4 medium carrot(s), thinly sliced
- ✚ 2 medium pepper(s), green, bell, thinly sliced
- ✚ 1/4 cup(s) cilantro, fresh, chopped (optional)



## Preparation

1. Whisk sherry (or rice wine), water, brown sugar, lime juice, hoisin, cornstarch and salt in a small bowl.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add seitan; cook, stirring occasionally, until crispy, 4 to 6 minutes.
3. Stir in the remaining 1 tablespoon oil, peanuts and ginger. Cook, stirring often, until fragrant, about 1 minute. Add carrots and bell peppers, and cook, stirring constantly, about 1 minute.
4. Whisk the sauce and add to the pan; stir to coat. Reduce heat to medium, cover and cook until the vegetables are crisp-tender and the sauce is thickened, 3 to 4 minutes. Stir in cilantro, if using.