

Martin Yan's CHINA

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Rainbow Stir-Fry

Makes 4 servings

2 tablespoons plus 1 teaspoon vegetable oil
1 egg, beaten
1 large potato, peeled and cut into long thin shreds
1 tablespoon chopped garlic
1 small carrot, peeled and cut into long thin shreds
½ red onion, thinly sliced
¾ cup Rich Homemade Broth (page tk) or canned chicken broth
2 tablespoons vegetarian mushroom stir-fry sauce or oyster-flavored sauce
1 tablespoon soy sauce
¼ teaspoon ground black pepper
¼ red bell pepper, seeded and cut into narrow strips
¼ green bell pepper, seeded and cut into narrow strips
2 tablespoons rice vinegar
1 teaspoon sesame oil

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Heat a 6-inch nonstick skillet over medium-high heat until hot. Add 1 teaspoon of the oil and swirling to coat the bottom. Pour the egg into the pan, tilting the pan so the egg coats the bottom, and cook until the bottom of the omelet is set, about 1 minute. Turn the omelet and cook until the second side is cooked, about 30 seconds. Slide egg onto a cutting board. Fold omelet in half and cut into thin shreds. Set aside.

Bring a 2-quart saucepan filled with water to a boil over high heat. Add the potatoes and cook until tender-crisp, about 2 minutes. Drain well. Set aside.

Place a stir-fry pan over high heat until hot. Add the remaining oil, swirling to coat the sides. Add the garlic, carrot, and red onion and cook, stirring, until carrots soften, about 1 minute. Add the potatoes and stir-fry for 1 minute. Add the broth, stir-fry sauce, soy sauce, and pepper and cook, until liquid is reduced by half, 2 to 3 minutes. Add the bell peppers and shredded egg and cook until heated through. Remove from the heat and add the vinegar and sesame oil, tossing until well mixed.

Transfer to a serving plate and serve hot, warm or chilled.

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