

Potsticker Stir Fry

Time: 15 minutes / Serves 3-4

INGREDIENTS

16 oz frozen potstickers of choice	1 medium carrot, thinly sliced
2 tablespoons olive oil	1/2 red bell pepper, thinly sliced
1/4 cup water	1 T chopped fresh ginger
1 tsp toasted sesame oil	2 cloves garlic, thinly sliced
1 cup snap peas	2 T tamari or low sodium soy sauce
1 cup broccoli, chopped	1/4 tsp red pepper flakes
1/3 cup frozen peas	

INSTRUCTIONS

Heat 2 tablespoons of the olive oil in a large nonstick frying pan over medium-high heat. Place the potstickers in the pan. Pan fry until the bottoms are light golden-brown, about 3 minutes.

Carefully add the water. Cover and cook for 3 minutes. Uncover and using tongs, turn over the dumplings. Continue cooking uncovered until all the water has evaporated and the filling is cooked through. Remove from pan and transfer to a large plate.

Drizzle 1 teaspoon of sesame oil into the pan. Add all your vegetables and aromatics—snap peas, broccoli, frozen peas, carrots, bell pepper, ginger, garlic, and red pepper flakes.

Stir fry until browned and softened, about 4-5 minutes. Return the cooked potstickers and toss with your vegetables. Add tamari to create a sauce and stir to coat.