

Spicy Cauliflower Stir Fry

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-hoisin-cauliflower-recipe>

Ingredients:

- 1 head cauliflower leaves removed and cut into medium florets
- 1 teaspoon olive oil or vegetable oil
- 1/2 teaspoon salt
- fresh ground black pepper couple of twists
- 2 tablespoons Chinese rice wine or dry sherry
- 2 teaspoons cornstarch
- 1 1/2 tablespoons low sodium soy sauce or Tamari
- 1 tablespoon sherry vinegar
- 2 teaspoons hoisin sauce
- 2 teaspoons brown sugar
- 1 teaspoon toasted sesame oil
- 3 scallions chopped, white parts, thinly sliced, save chopped green part for serving
- 1 serrano chili thinly sliced
- 1 piece ginger peeled and grated, or finely chopped
- 2 garlic cloves thinly sliced
- 1/4 cup roasted peanuts unsalted
- 6 chiles dried chile de árbol, japones chiles, or other dried red chiles

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 31 grams
3. Fat: 14 grams
4. Fiber: 9 grams
5. Protein: 13 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1240 milligrams
8. Sugar: 12 grams

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