

Spring Vegetable Stir-Fry

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-recipe-with-chinese-peas>

Ingredients:

- 1/2 pound asparagus ends trimmed, spears cut into bite-size pieces
- 1/2 pound sugar snap peas trimmed
- 1 cup petite peas frozen
- 1/4 cup water
- 1 tablespoon hoisin sauce
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil Asian
- 1/2 teaspoon cornstarch
- 2 tablespoons corn oil
- 1 leek white part only, halved, rinsed and thinly sliced
- 1 tablespoon fresh ginger minced
- steamed rice for serving

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 18 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 300 milligrams
8. Sugar: 8 grams

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