Dinner, Asian

Hearty Lentil Stir Fry with Garden Vegetables

Tender brown lentils are tossed with a colorful wok full of broccoli, carrots, peppers and sugar snap peas, all coated in a glossy soy and maple sauce and finished with sesame seeds and scallions.



Vegetarian

35 min	350	56 g	9 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 cup brown lentils (dry, rinsed and drained)
- [ ] 2 1/2 cup low sodium vegetable broth
- [ ] 2 tbsp lower sodium soy sauce
- [ ] 1 tbsp sesame oil
- [ ] 2 tbsp rice vinegar
- [ ] 1 tbsp maple syrup
- [ ] 1 tsp vegetable oil
- [ ] 3 clove garlic (minced)
- [ ] 1 tbsp fresh ginger (grated)
- [ ] 3 cup broccoli (florets)
- [ ] 2 med carrots (sliced into thin rounds)
- [ ] 1 med red bell pepper (thinly sliced)
- [ ] 1 med yellow bell pepper (thinly sliced)
- [ ] 1 cup sugar snap peas (trimmed)
- [ ] 1 tbsp sesame seeds
- [ ] 2 stalks scallions (chopped)

Nutrition Facts

Per serving

Calories	350
Total fat	7 g
Saturated fat	1 g
Sodium	460 mg
Total carbs	56 g
Fiber	9 g
Total sugars	9 g
Protein	20 g

Method

- [ ] **1** Tip the brown lentils and vegetable broth into a medium saucepan and bring to a boil. Lower the heat, cover, and simmer for 15-20 minutes until the lentils are soft through but not mushy, then drain off any extra liquid.
- [ ] **2** Whisk the lower sodium soy sauce, sesame oil, rice vinegar, and maple syrup together in a small bowl and keep it nearby.
- [ ] **3** Set a large skillet or wok over medium high heat and warm the vegetable oil. Add the minced garlic and grated fresh ginger and cook for 30 seconds, stirring, until aromatic.
- [ ] **4** Tip the broccoli, carrots, red bell pepper, yellow bell pepper, and sugar snap peas into the pan and stir-fry for 5-7 minutes, until the vegetables are cooked but still crisp.
- [ ] **5** Stir the cooked brown lentils through the vegetables in the pan.
- [ ] **6** Drizzle the sauce over the lentils and vegetables and toss until every piece is coated.
- [ ] **7** Keep everything over the heat for 2-3 minutes more, until warmed through.
- [ ] **8** Scatter the sesame seeds and chopped scallions over the top before serving.

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