



Tonight's dinner involves some sizzle! Heat up a wok or pan, and break out your brightest veggies to bring a bold and beautiful plate to your table tonight. This stir fry recipe budget friendly recipe is possible with whatever protein and produce you have on hand. Let's get to it!

MUSIC:

Add these Spotify **Jukebox Joint Jams** to your dinner prep tonight. Irresistible classic hits will bring some extra fun, and maybe dance moves to your kitchen! *[click here for the playlist](#)*

CONVO STARTER:

Spark new conversation with family, friends or roommates with the question of the night:

Where and how do you find awe in life?

EDUCATION:

There may be AWESome moments that we vividly recall. But finding awe doesn't have to be something that you have to search for and only happens in a new environment. We can find it everyday by staying aware and engaging with our environment. Challenge yourself to feel awe in the little things, a bird, reflections of light, or the sound of silence.

greatergood.berkeley.edu

This week's recipes are adapted from Allrecipes.com, Wellplated.com, Cookieandkate.com and thespruceeats.com.

BRONCO FAMILY TABLE MEAL KITS
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BOISE STATE UNIVERSITY

STIR FRY

Serves 4-6

INGREDIENTS:

- 1 pound chicken, beef, or pork cut into bite sized pieces or extra firm tofu, (see note for tofu below)
- 2 pounds vegetables, cut into bite sized pieces
- 1 tablespoon aromatics, such as garlic, ginger, or shallots (optional)
- 2 tablespoons chopped fresh herbs, such as basil or cilantro (optional)
- Basic Stir Fry Sauce (see below)

INSTRUCTIONS:

*If using tofu, a few additional steps will help make this dish delicious. Use these instructions from [Wellplated.com](https://www.wellplated.com) to prepare your tofu.

1. Drain the tofu. Wrap each block in a double layer of paper towels and pat dry, pressing down on the tofu lightly to squeeze out excess moisture. Cut the tofu into 3/4-inch cubes.
2. In a large nonstick skillet or wok, heat the canola oil over medium-high heat. Once the oil is hot but not smoking, add the tofu (be careful, as the oil will splatter a little bit) and drizzle with 1 tablespoon soy sauce. Sauté, stirring every minute or so until the tofu is nicely colored on all sides and the moisture has cooked off, about 8 to 10 minutes. Don't feel that you need to stir constantly. Sitting for a while on one side is what will allow the tofu to brown. Now you're ready to jump to step 3!

1. Set a large wok or frying pan over medium-high heat and allow it to get screaming hot. Swirl in 2 Tablespoons of oil (1 Tablespoon if using a non-stick pan).
2. Add your meat and cook until browned on each side (and cooked through if using chicken or pork). Remove the browned meat from the pan and set aside on a plate.
3. Transfer the densest vegetables (i.e., those that take the longest to cook, such as broccoli, carrots, or bell peppers) into the pan and cook for 1 minute.
4. Add in any quick cooking vegetables (onions, snap peas, etc.) and cook for another minute.
5. Add in any aromatics, if using. Cook for 30 seconds, moving them around the pan constantly to avoid burning.
6. Return the meat to the pan and pour in the sauce. Toss well to coat all of the meat and vegetables. Let cook for one minute until bubbling.
7. Turn the heat off and stir in any fresh herbs, if using.
8. Serve hot with a side of cooked rice, quinoa or noodles.

Basic Stir Fry Sauce

- 1 cup broth
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon rice wine vinegar

Instructions:

Whisk ingredients together in a medium-bowl. Note: To make a thick glaze (like for Sweet and Sour Chicken), whisk in 1 teaspoon corn starch and let sit for ten minutes before adding to the stir-fry.

THAI MANGO STICKY RICE

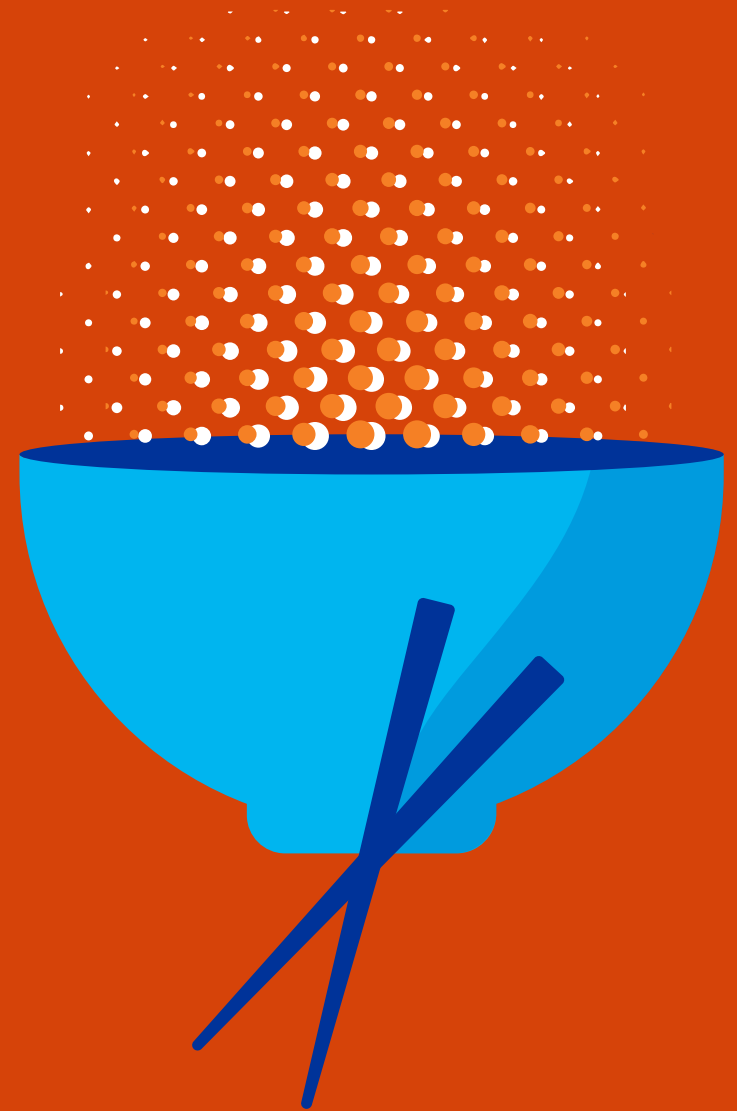
Serves 2-4

INGREDIENTS:

- 1 cup Thai sweet rice (also called sticky rice or glutinous rice, available at Asian food stores)
- 1 ½ cups water (divided)
- 4 to 5 tablespoons brown sugar
- ¼ teaspoon salt
- 1 can coconut milk
- 1 to 2 ripe mangos

INSTRUCTIONS:

Soak rice in 1 cup of water for 20 to 30 minutes. Do not drain the rice. Add ½ cup more water, plus ½ can coconut milk, salt and 1 tablespoon of brown sugar. Stir well. Bring to a gentle boil, then partially cover with the lid (leaving a bit of room for steam to escape). Reduce heat to medium-low or just until you get a gentle simmer. Simmer for 20 to 30 minutes, or until coconut water has been absorbed by the rice. Turn off the heat, but leave the pot on the burner with the lid on tight. Allow it to sit for 5-10 minutes. To make the sauce warm (do not boil) the rest of the can of coconut milk over medium-low heat (5 minutes). Add 3 tablespoons brown sugar, stirring to dissolve. Taste-test sauce for sweetness, adding more sugar if desired. (Note that it will taste less sweet when added to the rice.) Prepare mango by cutting it open and slicing into bite-size pieces. Scoop some warm rice in each serving bowl, and drizzle lots of the sweet coconut sauce over. Arrange mango slices on the rice and drizzle over more sauce.



SPRING

This recipe from cookieandkate.com might require purchasing ingredients not in your pantry, but they are fun, fresh, crunchy and might be worth it!

Makes 8 spring rolls

INGREDIENTS:

Feel free to mix and match with what you have on hand!

- 2 ounces rice vermicelli or maifun brown rice noodles*
- 1 teaspoon toasted sesame oil
- ¼ teaspoon fine sea salt
- 1 cup torn butter lettuce, ribs removed
- 1 cup very thinly sliced red cabbage
- 2 medium carrots, peeled and cut into matchsticks or sliced into strips with a julienne peeler
- 2 Persian (mini) cucumbers or 1 small cucumber, thinly sliced or sliced into strips with a julienne peeler
- 2 medium jalapeños, ribs and seeds removed, thinly sliced
- ¼ cup thinly sliced green onions
- ¼ cup roughly chopped fresh cilantro
- ¼ cup roughly chopped fresh mint
- 8 sheets rice paper (spring roll wrappers)

PEANUT SAUCE:

- ⅓ cup creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons reduced-sodium tamari or soy sauce
- 2 tablespoons honey or maple syrup
- 1 tablespoon toasted sesame oil
- 2 cloves garlic, pressed or minced
- 2 to 3 tablespoons water, as needed

ROLLS

INSTRUCTIONS:

To make the spring rolls: Bring a pot of water to boil and cook the noodles just until al dente, according to package instructions. Drain, rinse them under cool water, and return them to the pot. Off the heat, toss the noodles with the sesame oil and salt, and set aside.

Fill a shallow pan (a pie pan or 9 inch round cake pan works great) with an inch of water. Fold a lint-free tea towel in half and place it next to the dish. Make sure your prepared fillings are within reach. Combine the green onion, cilantro and mint in a small bowl, and stir.

Place one rice paper in the water and let it rest for about 20 seconds, give or take. You'll learn to go by feel here—wait until the sheet is pliable but not super floppy. Carefully lay it flat on the towel.

Leaving about 1 inch of open rice paper around the edges, cover the lower third of the paper with a few pieces of butter lettuce, followed by a small handful of rice noodles, some cabbage, and a few strips of carrot, cucumber and jalapeño. Sprinkle generously with the herb mix.

Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.

To make the peanut sauce: In a small bowl, whisk together the peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Whisk in 2 to 3 tablespoons water, as needed to make a super creamy but dip-able sauce.

Serve the spring rolls with peanut sauce on the side. You can serve them whole, or sliced in half on the diagonal with a sharp chef's knife.