



Garlic Broccoli Stir Fry

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Flavorful broccoli stir fry with chickpeas and a delicious garlic ginger sauce! This vegan weeknight dinner is easy to make in just one pan and it's ready in about 25 minutes. The healthy takeout recipe is meat-free, gluten-free, low in fat, and very simple!

Course	Main Course, Side Dish
Cuisine	Chinese
Prep Time	10 minutes
Cook Time	15 minutes
Total Time	25 minutes
Servings	4
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Ingredients

Broccoli Stir Fry:

- 1 tablespoon oil (*see recipe notes)
- 1 onion diced
- 5 garlic cloves minced
- 1 heaped tablespoon fresh ginger minced
- 1 teaspoon onion powder
- 1 teaspoon paprika
- ½ teaspoon smoked paprika
- Black pepper & sea salt to taste
- Pinch of cayenne pepper
- 1 (450 g) medium head of broccoli cut into small florets
- ⅓ cup (80 ml) vegetable broth
- 1 (15 oz) can of chickpeas rinsed and drained
- Cooked rice of choice for serving

Sauce:

- ½ cup (120 ml) of water
- 3 tablespoons soy sauce (gluten-free if needed)
- 2 tablespoons rice vinegar or balsamic vinegar
- 2 tablespoons maple syrup or any other sweetener
- 1 tablespoon cornstarch

Instructions

1. Heat oil in a pan over medium heat. Add onion, ginger, garlic, and all spices. Sauté for 3-4 minutes.

2. Add broccoli florets and vegetable broth. Fry until the broccoli is tender but not soft, about 10 minutes.
3. Meanwhile, prepare the sauce: In a medium bowl, combine water, soy sauce, vinegar, maple syrup, and cornstarch. Whisk.
4. Pour the sauce in the pan and add chickpeas.
5. Bring to a boil until the sauce simmers. Fry for a further few minutes.
6. Taste and adjust seasonings. Add more salt/pepper/cayenne pepper if needed.
7. Serve alone or with cooked rice. Enjoy!

Notes

- Please note that restaurant stir fry recipes contain **a lot** of oil. If you aren't used to low-fat cooking, you might not like this healthier stir fry version. If you don't mind oil, feel free to add more oil to taste. :)
- Recipe serves 4. Nutrition facts are for one serving (without rice).

Nutrition Facts	
Garlic Broccoli Stir Fry	
Amount per Serving	
Calories	213
	% Daily Value*
Fat 5.6g	9%
Carbohydrates 27g	9%
Fiber 7.5g	30%
Sugar 11.7g	13%
Protein 9.1g	18%

* Percent Daily Values are based on a 2000 calorie diet.