

STIR-FRIED OKRA & PATTY PAN SQUASH

Ingredients

8 ounces Okra, small & tender if possible

½ medium Yellow Onion, sliced into strips

1 large Patty Pan Squash, any color

1 teaspoon fresh Ginger, minced

1 teaspoon Sambal Oelek (Chili Paste)

1 teaspoon minced Garlic

¼ Cup Oyster Sauce, such as Panda Brand

1 Tablespoon Toasted Sesame Oil

1-2 Tablespoons Grapeseed Oil

1 Tablespoon Rice Wine Vinegar

Soy Sauce for serving

Directions

Wash Okra and pat dry with a paper towel- if using large Okra, slice in half lengthwise.

Remove top and bottom of Squash and slice in quarters.

Use a spoon to remove seeds from each quarter of Squash, then slice into segments as evenly as possible.

Heat a wok or large sauté pan over high heat and add Grapeseed Oil.

Carefully add all the vegetables at once and begin to stir or toss them around in the hot Oil- if it looks dry, add a little more Oil.

When slightly charred and Onion is beginning to soften add the Ginger, Chili & Garlic all at once and continue to incorporate quickly.

After 30 seconds add Rice Wine Vinegar, then Oyster Sauce and finally Sesame Oil.

Sauce will reduce quickly to a glaze and coat the Stir Fry thickly.

Serve straight away over Noodles or Rice, or simply as a side dish.