



Carrot & Broccoli Stir-Fry

Ingredients

- 1– 10 ounce bag Heartland Foods' Organic broccoli florets, frozen
- 1– 4 ounce box of Home Garden Farms Organic diced carrots, frozen
- 2 cloves of garlic, minced
- 1 tablespoon of fresh ginger, grated
- 2 tablespoons of soy sauce
- 1 tablespoon of honey
- 1 tablespoon of cornstarch
- 2 tablespoons of vegetable oil
- Salt and pepper to taste
- Optional: sesame seeds for garnish

Directions

1. In a small bowl, whisk together the soy sauce, honey, and cornstarch until well combined.
2. Heat the vegetable oil in a large skillet over medium-high heat. Add the garlic and ginger and stir for 30 seconds or until fragrant.
3. Add the broccoli and carrots to the skillet and stir to coat them with the garlic and ginger. Season with salt and pepper to taste.
4. Pour the soy sauce mixture over the vegetables and stir to combine. Cook for 3–4 minutes or until the vegetables are tender-crisp and the sauce has thickened.
5. Serve hot, garnished with sesame seeds if desired. This dish can be served over rice or noodles for a more filling meal.



Enjoy this healthy and flavorful stir-fry that highlights the best of spring produce!