



## Hot and Sour Stir-Fry with Lime Cilantro Rice



**ST. CLAIR**  
COLLEGE



### Ingredients

- A. Lime Zest
- B. Cilantro
- C. Citrus juice
- D. Rice
- E. Chicken/ Tofu
- F. Ginger, Garlic
- G. Vegetables
- H. Bok choy leaves,  
Mushrooms
- I. Hot and Sour Sauce
- J. Green Onions
- K. Sesame seeds

### Requirements:

- ◇ Wok or Non-Stick Pan
- ◇ Pot
- ◇ Wooden spatula.
- ◇ Plates

### Cooking Time:

20 minutes.

Student  
Chef  
Prahbjot

Choice of marinated tofu OR chicken, stir-fried with garlic and ginger, snow peas, baby corn, and cloud ear mushrooms. Finished with house made signature sauce, green onion and cilantro lime rice.



### Rice

Heat 1tsp of oil on medium in a pot add, (A) lime zest, (B) cilantro, until aromatic. Turn heat to high add (C) Lime juice, (D) Rice, 180ml of water. Bring to a boil, reduce to simmer, cover and cook for 5 minutes turn off heat.



### Aromatics

Let rice stand covered 15-20 minutes. Preheat wok or large sauté pan on high heat Add 1 Tbsp of oil and (E) Chicken or Tofu stir-fry 1-2 minutes until browned Remove from wok and add (F) Ginger and Garlic, stir-fry for 5-10 seconds.



### Vegetables

Add (G) Vegetables, lightly season with salt and pepper Stir-fry for 45-60 seconds.



### Mushrooms and Bok Choy greens

Return cooked protein to pan add (H) Mushrooms, Bok choy Leaves, stir-fry to combine and heat through 15-30 seconds.



### Sauce

Add (I) Hot and Sour sauce to the wok stir until evenly coated. Turn off the heat.



### Plate and Enjoy

Divide rice between two serving plates top with finished stir-fry. Garnish it with (J) Green Onion, (K) Sesame Seeds