

# General Tso's Cauliflower & Vegetable Stir Fry



I was a very picky eater as a child. When I speak to my family about the food I make, they are constantly amazed that I did a complete 180 turn when it comes to food. Cauliflower was a food item that never would have made the list of acceptable foods I would have tried as a kid. Even as a young adult, it was met with hesitancy. As I challenged myself to cook with more vegetables as the highlight of my meals, cauliflower became a standout winner in versatility and flavor.

## Ingredients

## Directions

### From The Garden

- One large head of cauliflower
- Half a head of green cabbage
- Two bell peppers - I prefer red and yellow, but any will work
- Three to four cloves of garlic
- Half an onion - I prefer yellow
- Four to five green onions
- Three eggs - if you or a friend raise backyard chickens

### From The Store

- Fortune stir-fry noodles\*
- One tablespoon of garlic chili paste
- Half a cup of soy sauce
- Two tablespoons of mirin rice cooking wine
- Two tablespoons of hoisin sauce
- One tablespoon of rice vinegar
- Two tablespoons of white sugar
- One cup of cornstarch
- Half a cup of water
- Two cups of vegetable oil for cooking
- Sesame seeds for topping
- Salt to taste

### Prep Vegetables:

1. Roughly cut your cauliflower into bite-sized florets. Set aside in a large mixing bowl or high-sided pan.
2. Thinly slice your onion.
3. Julienne your peppers.
4. Mince garlic.
5. Remove the core and shred your cabbage.
6. Thinly chop your green onions.

### Prep Vegetables:

1. Add soy sauce, chili garlic paste, mirin, rice vinegar, sugar, and hoisin sauce to a medium-sized saucepan and whisk to incorporate.
2. Set the saucepan over high heat on the stovetop.
3. Add one tablespoon of cornstarch to half a cup of water and stir until completely incorporated.
4. Once your sauce begins to boil, add your cornstarch and water.
5. Gently whisk the sauce as it comes back up to a boil. Once it thickens, remove it from heat and allow it to cool.
6. Once cool, add salt to taste. If it gets too thick, add water one tablespoon at a time, whisking again until desired thickness. Set aside on the stovetop at the lowest heat to keep warm.

\*You can find these in the refrigerated section of most grocery stores near the produce section. One package comes with three packs inside. I usually use all three.



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