

Kohlrabi Stir-Fry



INGREDIENTS:

- 2 kohlrabi bulbs, peeled and diced
- 1 tablespoon vegetable oil
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1 bell pepper, diced
- 1 cup of sliced mushrooms
- 2 tablespoons of soy sauce
- 1 tablespoon of honey
(maple syrup or agave syrup can also be used)
- Cooked rice or noodles, for serving

INSTRUCTIONS:

- 1 Heat oil in a large pan or wok over medium heat.
- 2 Add the diced kohlrabi to the pan and cook for 5-7 minutes. Stir occasionally. Cook until the vegetables are slightly soft.
- 3 Add the diced onion and minced garlic to the skillet and cook for another 2-3 minutes, until onion is translucent.
- 4 Add diced bell pepper and sliced mushrooms to the skillet and cook for an additional 3-4 minutes, until the vegetables are soft.
- 5 In a small bowl, mix together the soy sauce and honey.
- 6 Pour the soy sauce mixture over the cooked vegetables in the skillet. Stir to coat evenly.
- 7 Cook for another 1-2 minutes, until everything is hot and well combined.
- 8 Serve the cooked kohlrabi stir-fry over cooked rice or noodles.

Taste!
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