



The Ultimate Wok Cookbook for Beginners

100+ Fast & Flavorful Asian Stir-Fry Recipes with Easy Techniques
| Includes Beef, Chicken, Seafood,
Vegetarian Dishes, Fried Rice,
Noodles, Sauces & 30-Day Meal Plan

Iris Kennedy

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DAY	BREAKFAST	LUNCH	DINNER
15	Egg Foo Young (88)	Spicy Garlic Black Pepper Shrimp (21)	Red-Braised Pork Belly (63)
16	Kimchi Fried Rice (32)	Lemon-Garlic Chicken Stir-Fry (13)	Sweet & Sour Pineapple Tofu Stir-Fry (28)
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19	Tomato & Egg Stir-Fry (89)	Charred Pad See Ew (43)	Tea-Smoked Duck Braised in Soy (65)
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23	Pineapple Fried Rice (33)	Sichuan Cold Noodles (52)	Spicy Coconut Lemongrass Shrimp Soup (60)
24	Yangzhou Fried Rice (34)	Hong Kong-Style Soy Sauce Noodles (49)	Sichuan Wanton Soup with Chili Oil (61)
25	Japanese Yaki Udon (47)	Thai Drunken Noodles (50)	Miso-Ginger Chicken Udon Soup (62)
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27	Malaysian Mee Goreng (45)	Spicy Sichuan Dan Dan Noodles (40)	Wok-Fried Pho-Inspired Beef Noodle Soup (59)
28	Scallion & Ginger Egg Congee (90)	Dry-Fried Cauliflower (78)	Crispy Tofu with Black Bean Sauce (85)
29	Wok Tomato Egg Fried Rice (56)	Sichuan Spicy Eggplant (84)	Sweet & Sour Crispy Tofu (87)
30	Egg Foo Young (88)	Ginger-Scallion Brussels Sprouts (83)	Mushroom & Snow Pea Stir-Fry (81)

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Shopping Lists

Week 1

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Hoisin sauce, 8 oz jar (226 g)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Black vinegar (or balsamic), 5 fl oz bottle (150 ml)
- Shaoxing wine (or dry sherry), 375 ml bottle
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Red pepper flakes, 1 oz jar (28 g)
- Curry powder, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)
- Chili garlic sauce, 8 oz jar (226 g)
- Tomato ketchup, 14 oz bottle (414 ml)
- Sichuan chili bean paste (doubanjiang), 7 oz jar (200 g)
- Fermented black beans, 8 oz bag (226 g)
- White miso paste, 5.3 oz tub (150 g)
- Mirin, 10 fl oz bottle (300 ml)
- XO sauce (optional), 6 oz jar (170 g)

Proteins

- Large eggs, 1 dozen
- Pork belly, 1/2 lb (8 oz / 225 g)
- Ground pork, 1 lb (16 oz / 450 g)
- Pork loin, 1/2 lb (8 oz / 225 g)
- Pork shoulder, 1/2 lb (8 oz / 225 g)
- Chicken thighs, 1/2 lb (8 oz / 225 g)
- Chicken breast, 1/2 lb (8 oz / 225 g)
- Flank steak, 1/2 lb (8 oz / 225 g)
- Ground beef (85% lean), 1/2 lb (8 oz / 225 g)
- Shrimp (peeled & deveined), 1/2 lb (8 oz / 225 g)
- Blue crab or Dungeness crab clusters (optional), 1 lb (16 oz / 450 g)
- Squid (tubes & tentacles), 1/2 lb (8 oz / 225 g)
- Scallops, 1/2 lb (8 oz / 225 g)
- Char siu (BBQ pork) or ham, 2 oz (60 g)

Produce

- Ginger root, 4 oz piece (113 g)
- Garlic, 1 bulb (~10 cloves)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Scallions (green onions), 1 bunch (~6-8 stalks)
- Red chili peppers, 3 peppers (~1 oz / 30 g)
- Bell peppers (red/green), 2 medium (~12 oz / 340 g total)
- Bean sprouts, 8 oz bag (226 g)
- Broccoli, 1 small head (~12 oz / 340 g)
- Carrots, 1 lb bag (450 g)
- Snap peas, 6 oz bag (170 g)
- Green beans, 1 lb bag (450 g)
- Asparagus, 1/2 lb (8 oz / 225 g)
- Snow peas, 6 oz bag (170 g)
- Kale (curly), 1 bunch (~8 oz / 225 g)
- Eggplant, 1 small (~8 oz / 225 g)
- Tomatoes, 2 medium (~10 oz / 280 g)
- Pineapple, 1 small (~2 cups diced)
- Lemongrass, 1 stalk (~1 oz / 30 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Thai basil (or regular basil), 1 bunch (~1 oz / 28 g)
- Limes, 2 fruits

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Kimchi, 16 oz jar (454 g)
- Roasted peanuts, 6 oz can (170 g)
- Cashews (optional), 4 oz bag (113 g)
- Frozen peas & carrots, 12 oz bag (340 g)

Dairy/Tofu

- Firm tofu, 14 oz block (396 g)
- Soft tofu, 14 oz block (396 g)

Bakery

- Day-old jasmine rice (if not cooking fresh), 2 cups (300 g)

Optional Garnishes

- Crispy fried shallots, 3 oz jar (85 g)
- Toasted sesame seeds, 2 oz jar (56 g)
- Lime wedges, for serving

Week 2

Pantry Staples

- Short-grain rice, 1 lb bag (16 oz / 450 g)
- Jasmine rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Sweet soy sauce (kecap manis), 11 fl oz bottle (325 ml)
- Mirin, 10 fl oz bottle (300 ml)
- Shaoxing wine (or dry sherry), 375 ml bottle
- Hoisin sauce, 8 oz jar (226 g)
- Chili garlic sauce, 8 oz jar (226 g)
- Sichuan chili bean paste (doubanjiang), 7 oz jar (200 g)
- Fermented black bean sauce, 8 oz jar (226 g)
- Rice vinegar, 1 oz jar (28 g)
- Black vinegar, 5 fl oz bottle (150 ml)
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Shichimi togarashi (optional), 1 oz jar (28 g)
- Turmeric powder, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)

Proteins

- Sukiyaki-cut beef or pork, 3 oz (90 g)
- Chicken stock, 32 fl oz carton (946 ml)
- Chicken breast (or ground chicken), 1/2 lb (8 oz / 225 g)
- Flank steak, 1/2 lb (8 oz / 225 g)
- Sirloin steak, 1/2 lb (8 oz / 225 g)
- Pork belly (skin-on), 1/2 lb (8 oz / 225 g)
- Ground pork, 1 lb (16 oz / 450 g)
- Char siu (Chinese BBQ pork), 4 oz (120 g)
- Large shrimp (peeled & deveined), 1/2 lb (8 oz / 225 g)
- Firm tofu, 14 oz block (400 g) x 2
- Eggs, 1 dozen

Produce

- Garlic, 2 bulbs (~20 cloves)
- Ginger root, 4 oz piece (113 g)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Green onions (scallions), 2 bunches (~12 stalks)
- Red chili peppers, 4 peppers (~1.5 oz / 40 g)
- Bell peppers (red/green), 2 medium (~12 oz / 340 g total)
- Lemongrass, 2 stalks (~2 oz / 60 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Shitake mushrooms, 4 oz pack (113 g)
- Snap peas, 6 oz bag (170 g)
- Broccoli florets, 8 oz bag (226 g)
- Green beans, 1 lb bag (450 g)
- Eggplant (Japanese or regular), 2 medium (~1 lb / 450 g total)
- Carrots, 1 lb bag (450 g)
- Leek, 1 small (~4 oz / 113 g)
- Cucumber, 1 medium (~8 oz / 225 g)
- Limes, 3 fruits

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Vegetable stock, 32 fl oz carton (946 ml)
- Beef broth, 14 oz can (414 ml)
- Roasted cashews, 6 oz can (170 g)
- Fried shallots (optional), 3 oz jar (85 g)
- Frozen peas & carrots, 12 oz bag (340 g)

Dairy

- Unsalted butter, 8 oz block (226 g)

Bakery

- Day-old rice (if not cooking fresh), 6 cups (900 g)

Optional Garnishes

- Toasted sesame seeds, 2 oz jar (56 g)
- Sesame seeds (for garnish), 1 oz jar (28 g)
- Lime wedges, for serving

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Unleash the power of your wok and create incredible Asian-inspired meals in minutes. Get ready to stir-fry, saute, and savor your way to deliciousness!

Beef Stir-Fries



Honey Garlic Beef Stir-Fry

Sweet, sticky, and garlicky beef with crisp snap peas—ready in minutes for a crowd-pleasing meal.

Time to prepare: 10 minutes | Time to cook: 10 minutes | Servings: 2



Ingredients:

- 1/2 lb (225 g) sirloin steak, thinly sliced against the grain
- 1 cup (100 g) snap peas, trimmed
- 1/2 medium carrot (1/2 cup (50 g)), julienned
- 2 tbsp (30 ml) vegetable oil, divided
- 4 garlic cloves, minced
- 2 tbsp (30 ml) honey
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1/2 tsp (2 g) red pepper flakes
- 1 tsp (5 g) cornstarch
- 2 tbsp (30 ml) water
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) sesame seeds (for garnish)

Instructions:

- Using a small bowl, whisk together honey, soy sauce, rice vinegar, red pepper flakes, cornstarch, water, and sesame oil. Set aside.
- Heat 1 tbsp (15 ml) vegetable oil in a wok over high heat. Add the beef and stir-fry for two minutes, until it browns while remaining a bit undercooked. Remove and set aside.
- Add remaining 1 tbsp (15 ml) oil to the wok. Stir-fry garlic for 30 seconds until fragrant, then add snap peas and carrot. Stir-fry for 2 minutes until crisp-tender.
- Incorporate the sauce and allow it to cook for 1 minute, until thickened. Return beef to the wok and toss everything together for 1-2 minutes until glossy and fully cooked.
- Garnish with sesame seeds and serve immediately.

Nutritional Value (per serving):
 Calories: 380 kcal | Protein: 28 g | Fat: 16 g |
 Saturated Fat: 3 g | Carbohydrates: 32 g |
 Fiber: 3 g | Sodium: 850 mg

Thai Basil Beef Stir-Fry (Pad Kra Pao)

Spicy, aromatic, and herb-packed—this Thai-inspired stir-fry is a flavor explosion.

Time to prepare: 10 minutes | Time to cook: 10 minutes | Servings: 2



Ingredients:

- 1/2 lb (225 g) ground beef (85% lean)
- 1 cup (50 g) fresh Thai basil leaves (or regular basil in a pinch)
- 1 small red chili (1 tsp (0.5 g) chili flakes)
- 3 garlic cloves, minced
- 1 shallot (1/2 cup (40 g), thinly sliced)
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) oyster sauce
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar
- 1 tsp (15 ml) water
- 1 tsp (5 ml) lime juice
- 2 Fried eggs (optional, for serving)

Instructions:

- Using a small bowl, mix oyster sauce, fish sauce, sugar, water, and lime juice. Set aside.
- Warm the oil in a wok on high heat. Add garlic, shallot, and chili, stir-frying for 30 seconds until fragrant.
- Incorporate the ground beef, using a spatula to break it apart. Cook for 3 to 4 minutes until golden brown and crispy.
- Stir in the sauce and cook for 1 minute, allowing it to coat the beef completely. Turn off the heat and add the basil, stirring just until it wilts.
- Plate with rice and, if preferred, finish with a fried egg on top.

Nutritional Value (per serving):
 Calories: 340 kcal | Protein: 24 g | Fat: 22 g |
 Saturated Fat: 6 g | Carbohydrates: 10 g |
 Fiber: 1 g | Sodium: 1,200 mg

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30-Day Meal Plan

Week 1

DAY	BREAKFAST	LUNCH	DINNER
1	Scallion & Ginger Egg Congee (90)	Kung Pao Chicken (8)	Spicy Mapo Tofu Stir-Fry (24)
2	Tomato & Egg Stir-Fry (89)	Honey-Sesame Chicken Stir-Fry (11)	Salt & Pepper Squid (19)
3	Kimchi & Pork Egg Fried Rice (92)	Garlic Pork Stir-Fry with Green Beans (16)	Crispy Tofu & Broccoli Stir-Fry (26)
4	Egg Foo Young (88)	Singapore-Style Chili Crab Stir-Fry (22)	Dry-Fried Garlic Eggplant & Green Beans (25)
5	Spicy Sichuan Egg Stir-Fry (91)	Mongolian Beef Stir-Fry (4)	Miso-Glazed Tofu & Asparagus Stir-Fry (31)
6	Pineapple Fried Rice (33)	Thai Basil Beef Stir-Fry (7)	XO Sauce Scallops with Snow Peas (20)
7	Yangzhou Fried Rice (34)	Sweet & Sour Pork Stir-Fry (15)	Lemongrass Chili Tofu & Kale Stir-Fry (30)

Week 2

DAY	BREAKFAST	LUNCH	DINNER
8	Japanese Garlic Butter Fried Rice (37)	Cashew Chicken Stir-Fry (10)	Black Pepper Beef Stir-Fry (4)
9	Wok Tomato Egg Fried Rice (86)	Spicy Sichuan Green Beans (80)	Crispy Honey Garlic Pork (70)
10	Vietnamese Lemongrass Chicken Fried Rice (39)	Shrimp with Lobster Sauce (18)	Sichuan Crispy Tofu with Minceed Pork (73)
11	Wok Ginger Scallion Rice (57)	Twice-Cooked Pork (14)	Garlic Chili Eggplant Stir-Fry (86)
12	Nasi Goreng (35)	Szechuan Beef Stir-Fry (5)	Spicy Crispy Eggplant with Ground Chicken (71)
13	Wok Char Siu Fried Rice (55)	Ginger-Scallion Chicken Stir-Fry (9)	Crispy Lemongrass Chicken (72)
14	Scallion & Ginger Egg Congee (90)	Honey Garlic Beef Stir-Fry (6)	Braised Tofu with Peanuts (66)

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Introduction

Welcome to the sizzling, aromatic, and endlessly creative world of wok cooking.

The wok is more than just a pan—it's a vessel of tradition, versatility, and joy. With its roots stretching back over 2,000 years, the wok has become a culinary icon across Asia and, more recently, the world. Whether you're stir-frying crisp vegetables, simmering rich broths, steaming delicate dumplings, or deep-frying golden bites, the wok welcomes it all.

This cookbook is designed to guide you through the essentials and the artistry of wok cooking. It's for everyone: the curious beginner staring into the wide curve of their first wok and the seasoned home cook looking to bring new energy to their favorite dishes.

Wok cooking is fast, fun, and surprisingly forgiving. It's about rhythm, heat, and instinct. Once you understand the basics, you'll find that improvisation is not only possible—it's encouraged.

So light the flame, swirl the oil, and let the wok tell its story.

Why the Wok Works: A Master of Heat and Flavor

If the wok is the heart of fast, flavorful cooking, its shape is its soul.

At first glance, the wok's deep, rounded basin might seem unconventional—especially if you're used to flat-bottom pans. But every curve serves a purpose. This design isn't just aesthetic; it's functional, efficient, and timeless.

High Heat, Low Fuss

The wok's sloped sides and broad surface area make it ideal for cooking at high temperatures. With just a small amount of oil and intense heat, food cooks in seconds, locking in moisture and flavor. The central bottom gets blazing hot for searing proteins and aromatics, while the sloping walls allow you to push cooked ingredients upward, keeping them warm without overcooking. This is essential in dishes where different textures—crisp, tender, and saucy—must coexist.

The Power of Stir-Fry and Beyond

While stir-frying is its most famous use, the wok is astonishingly versatile. Its shape enables deep-frying with less oil, steaming easily, braising with concentrated flavor, and even smoking ingredients for added depth. The wok isn't just a pan; it's a full kitchen condensed into a single tool.

Layers of Flavor, Built to Last

The wok encourages the build-up of flavor. You start with aromatics—garlic, ginger, and scallions—then sear meat or tofu, followed by vegetables, sauces, and finishing touches. Each ingredient benefits from the heat and the remnants of what came before it. With a seasoned carbon steel wok, even the pan itself begins to tell a story over time, imparting a subtle richness to every dish.

Speed Meets Control

In wok cooking, speed doesn't mean chaos. It's controlled, intentional movement: tossing, searing, and combining. The high heat shortens cooking time but demands your attention. That immediacy creates food that's vibrant in color, texture, and taste. Nothing sits in the pan too long—every bite is alive.

The wok isn't just efficient—it's transformative. Once you feel the rhythm of cooking with it, you may never want to return to your old pans again.

Wok Hei: The Elusive Breath of the Wok

If you've ever taken a bite of a stir-fry at a good Chinese restaurant and thought, "*Why doesn't mine taste like this at home?*" Chances are, you were tasting wok hei.

Frequently translated as "the breath of the wok," wok hei (鑊氣) is the elusive, smoky, almost charred flavor that defines truly great stir-fry. It's more than just taste—it's aroma, texture, and experience. Achieving wok hei is like catching lightning in a bottle: fast, hot, and fleeting. And once you've had it, you'll chase it every time.

What Is Wok Hei, Really?

Wok hei is born from the intense heat of the wok, combined with a perfect storm of oil, motion, and timing. It's the product of several reactions happening all at once:

- Maillard browning—when proteins and sugars caramelize, creating depth and complexity
- Slight charring—not burning, but intentional, rapid contact with superheated metal
- Oil vaporization—hot oil turns to vapor, carrying flavor into the air and coating ingredients
- Smoke from sauces or rice wine—which gets absorbed into the food briefly before it escapes

Together, these create that distinctive, almost magical taste and aroma—savory, toasty, lightly smoky, and utterly crave-worthy.

Can You Create Wok Hei at Home?

Yes—but it requires the right setup and some practice. In professional kitchens, chefs use high-BTU burners that reach searing temperatures. Home stoves can't quite match that power, but with a few adjustments, you can get closer than you might think:

- Use a carbon steel wok that's well-seasoned and conducts heat quickly
- Preheat the wok until it's nearly smoking before adding oil
- Work in small batches to avoid steaming your food
- Keep ingredients dry—moisture kills the sear
- Use aromatic sauces like soy sauce, oyster sauce, and Shaoxing wine sparingly but strategically near the end of cooking to create that smoky bloom

Wok hei is what turns a good stir-fry into a great one. It's the reward for understanding your wok, respecting the heat, and moving with purpose. Think of it not just as a technique but as a conversation between you and your flame.

The Four Key Methods: One Wok, Endless Possibilities

Part of what makes the wok such a powerful tool in any kitchen is its adaptability. It's not just a stir-fry pan—it's a culinary multitasker capable of deep-frying, steaming, braising, and more. With just one pan and a few essential techniques, you can create an astonishing variety of textures, flavors, and dishes.

Let's explore the four foundational methods every wok cook should know.

1. Stir-Frying: Fast, Hot, and Full of Flavor

The most iconic of wok techniques, stir-frying, is all about speed, high heat, and constant movement. The ingredients are quickly cooked in a small amount of oil over a roaring hot wok, preserving their texture, color, and nutritional value. It's a method that encourages balance—between crisp and tender, sweet and savory, sauce and sear.

A successful stir-fry begins with preparation: ingredients should be sliced uniformly and ready to go before the wok hits the flame. Aromatics like garlic, ginger, and scallions are often added first to infuse the oil, followed by proteins, then vegetables, and finally sauces. The key is layered cooking and timing—ingredients are moved up the sloping walls when done, while others continue to cook in the center.

Done well, stir-frying delivers bold flavor in mere minutes.

2. Deep-Frying: Crisp Perfection Without a Potful of Oil

The wok's high sides and narrow bottom make it ideal for deep-frying, often requiring less oil than a traditional deep pot. The curved shape allows you to fry food evenly while safely containing the oil, and any splatter is minimized thanks to the height of the walls.

Deep-frying in a wok is great for small batches—crispy spring rolls, golden tofu cubes, battered shrimp, or even flash-fried herbs. Because the oil is concentrated at the bottom, it heats efficiently, and the temperature is easy to control if you're attentive. With a spider strainer or slotted spoon in hand, you'll find the wok to be an unexpectedly elegant deep-fryer.

Simply make sure to use oils with high smoke points and always dry ingredients thoroughly before frying.

3. Steaming: Gentle, Moist, and Surprisingly Simple

Using a steaming rack or bamboo steamer, along with a couple of inches of water, your wok becomes a gentle steamer. The curved base cradles steam and directs it upward, making it perfect for cooking delicate foods like dumplings, fish fillets, buns, or vegetables while preserving their shape and nutrients.

To steam in a wok, bring water to a boil, set your rack or steamer in place, and cover the wok tightly with a lid. Steam circulates naturally, and the wide opening makes it easy to check on your food without disturbing the setup too much.

Steaming is a great way to create lighter dishes or to par-cook ingredients before stir-frying for added tenderness.

4. Braising: Deep, Comforting Layers of Flavor

Braising in a wok combines the best of sautéing and slow simmering. It starts hot—searing meat or vegetables to build flavor—then transitions to a slow, gentle cook in a flavorful liquid. The wide surface area encourages evaporation, allowing sauces to reduce and concentrate beautifully.

From soy-braised chicken to red-cooked pork belly, the wok's shape supports both the initial browning and the long, slow infusion of spices, aromatics, and umami-rich liquids. It's ideal for dishes that need depth and time to develop—a perfect counterbalance to the speed of stir-frying.

And when you're done braising? The wok can go right back on high heat to reduce the sauce to a glossy glaze.

Together, these four techniques showcase the true genius of the wok. It's not just about cooking fast—it's about cooking smart, with flexibility and flavor at your fingertips.

How to Use This Cookbook

Each recipe in this book is carefully structured to be approachable, practical, and full of flavor. Whether you're a beginner with a brand-new wok or a seasoned stir-fry expert, the consistent format across all recipes ensures a smooth cooking experience every time.

Recipe Format

Each recipe follows the same clear and user-friendly structure:

Title

A descriptive name highlighting the main ingredients or inspiration.

Tagline

A one-line summary giving a sense of flavor, texture, or occasion.

Prep Time & Cooking Time

Quick-reference times so you can plan your meal with ease.

Servings

Standard serving size, typically designed for 2-4 people.

Ingredients

Presented in order of use, with both imperial and metric measurements. Simple pantry staples are prioritized, and optional elements (like spice) are clearly marked.

Instructions

Numbered step-by-step guidance written in active voice. Each step focuses on clarity, timing, and wok-specific techniques.

Nutritional Value

Per-serving breakdown, including calories, macronutrients, and sodium levels for mindful cooking. This consistent format helps you follow along smoothly, whether you're cooking a 10-minute stir-fry or a braised dish that simmers to perfection.

Recipe Organization (By Technique + Meal Type)

Recipes in this cookbook are grouped **first by cooking technique**, then by **primary ingredient or meal category**. This structure allows you to explore wok cooking methodically or flip to the dish that fits your mood and pantry.

1. Stir-Fries

This core wok technique is fast, high-heat cooking with constant motion. Recipes are grouped by protein:

- **Beef Stir-Fries:** Classic dishes like Beef & Broccoli and spicy favorites like Szechuan Beef.
- **Chicken Stir-Fries:** From Kung Pao to Lemon-Garlic Chicken, explore comforting and zesty options.
- **Pork Stir-Fries:** Sweet, savory, and sometimes fiery—Sweet & Sour to Twice-Cooked Pork.
- **Seafood Stir-Fries:** Delicate seafood paired with bold wok flavors—XO Sauce Scallops, Chili Crab.
- **Tofu & Veg Stir-Fries:** Plant-forward meals with vibrant textures and punchy sauces.

2. Fried Rice

Quick meals built on wok-tossed rice. Each recipe brings its own regional flair—from Kimchi Bokkeumbap to Yangzhou Fried Rice and Nasi Goreng.

3. Stir-Fried Noodles

Chewy noodles, spicy sauces, crisp veggies—this section includes Pad See Ew, Yaki Udon, and Drunken Noodles.

4. Rice-Based Dishes

Hearty, one-wok rice dishes that go beyond fried rice, including Clay Pot-Style Rice and Hainanese Chicken (wok-adapted).

5. Soups

Yes, your wok can do soups too. These are fast-simmered brothy wonders like Hot & Sour Soup and Spicy Lemongrass Shrimp Soup.

6. Braised Dishes

Longer cooking time and deeper flavors—Red-Braised Pork Belly, Soy-Braised Mushrooms. Ideal for weekend cooking.

7. Crispy Proteins

Crisp and golden textures are achieved with shallow frying in the wok. Think Crispy Honey Pork, Salt & Pepper Shrimp.

8. Fritters & Snacks

Crunchy bites and finger foods perfect for gatherings—Scallion Pancakes, Spring Rolls, Tofu Fritters.

9. Stir-Fried Vegetables

Simple, satisfying sides and mains showcase the wok's ability to preserve texture and brighten greens.

10. Breakfast & Eggs

Quick egg-based stir-fries and comforting congee-inspired dishes like Tomato & Egg Stir-Fry and Egg Foo Young.

11. Sauces & Marinades

Essential flavor-builders you'll revisit again and again—Black Bean Garlic Sauce, Char Siu Marinade, Mala Sauce.

12. Street Food & Snacks

Global wok-friendly bites from chili-lime corn to sesame-glazed skewers—fun, fast, and festive.

13. 30-Day Meal Plan & Shopping Lists

A month-long guide to effortless wok meals. Includes five weeks of menus and organized shopping lists.

Essential Tools: Wok Types, Spatulas & Fire Control

Before diving into the sizzling world of stir-fries and wok-based meals, it's essential to have the right tools at your disposal. Just as a chef needs a sharp knife, a wok cook needs equipment that complements the high heat, quick-cook techniques at the heart of this cuisine. Here's what you'll need to get the best results:

1. Wok Types

Your wok is your most important tool—and not all woks are created equal. The type you choose can radically affect your cooking experience.

- **Carbon Steel Wok:** The traditional and most recommended type. It heats up quickly and evenly, responds well to temperature changes, and develops a natural nonstick patina over time. Requires seasoning and regular care.
- **Cast Iron Wok:** Great heat retention but slower to respond to temperature adjustments. Heavier, with excellent searing ability. Best for those who prefer weighty tools.
- **Nonstick Wok:** Convenient and easy to clean, but not suitable for high-heat cooking. Best for gentle stir-fries and delicate ingredients.
- **Electric Wok:** Useful for situations without stovetop access, but it doesn't get as hot as traditional stovetop woks, limiting techniques like searing or dry-frying.

Choose a wok with a rounded bottom for gas stoves (paired with a wok ring) or a flat-bottom wok for electric and induction cooktops.

2. Spatulas & Cooking Utensils

Wok cooking is active—you're constantly moving food around the pan. The right utensils make this both efficient and safe.

- **Wok Spatula (Chuan):** Specifically designed with a slight curve to match the contour of the wok. Perfect for scooping, turning, and pushing ingredients.
- **Wok Ladle (Hoak):** Ideal for adding sauces and liquids or scooping broth-based dishes like soups or braises.
- **Long Wooden Spoon or Silicone Spatula:** Heat-resistant and gentle on surfaces, good alternatives for nonstick woks.
- **Tongs or Chopsticks:** Useful for turning proteins and plating delicate vegetables.

3. Fire Control & Heat Source

Heat is everything in wok cooking—especially wok hei, the coveted “breath of the wok” that imparts smoky depth and complexity.

- **High BTU Burner or Gas Stove:** A gas flame that can envelop the wok sides is ideal. Some outdoor wok burners go beyond 100,000 BTUs for serious searing power.
- **Preheating is Critical:** Always heat your wok until it begins to lightly smoke before adding oil. This helps prevent sticking and ensures even cooking.
- **Heat Management:** Stir-frying demands quick adjustments. Keep your ingredients prepped and within reach (mise en place) so you can raise or lower the heat as needed without delay.

Mastering these tools doesn't just make cooking easier—it makes it more fun, intuitive, and delicious. With the right equipment and technique, your wok becomes a true extension of your hand.

Pantry Staples: Soy Sauces, Oils & Fermented Pastes

Wok cooking is fast, but flavor-building starts long before the fire hits the pan. The secret lies in a well-stocked pantry. Having the right sauces, oils, and fermented ingredients at your fingertips gives you the depth and flexibility to build classic flavors with confidence.

1. Soy Sauces

Soy sauce isn't just soy sauce—different varieties bring unique characteristics to your dishes.

- **Light Soy Sauce:** Despite the name, this is the regular soy sauce used for seasoning and stir-frying. It's thin, salty, and foundational to many wok dishes.
- **Dark Soy Sauce:** Thicker, slightly sweet, and less salty. Used more for color than seasoning—it gives stir-fries that rich mahogany gloss.
- **Mushroom Soy Sauce:** A dark soy variant infused with mushroom essence for a deeper umami note.
- **Tamari or Gluten-Free Soy Sauce:** A great alternative for those avoiding wheat, though flavor intensity may vary slightly.

Tip: Combine light and dark soy sauces for the perfect balance of seasoning and color.

2. Oils

The right oil supports high heat while adding subtle aroma or neutrality to your dish.

- **Peanut Oil:** A wok favorite—neutral with a high smoke point and light nutty flavor.
- **Canola or Vegetable Oil:** Widely available, inexpensive, and heat-stable. Great for everyday use.
- **Sesame Oil (Toasted):** Not for stir-frying—this is a finishing oil. Add a few drops at the end of cooking for aroma and richness.

- **Lard or Rendered Duck Fat:** Traditional fats used in some regional Chinese cuisines. Lends a depth of flavor that's hard to replicate.

Note: Always preheat the wok before adding oil to prevent sticking and achieve proper searing.

3. Fermented Pastes & Condiments

Fermentation is a cornerstone of wok-based flavor. A few spoonfuls of the right paste can transform a dish.

- **Fermented Bean Paste (Doubanjiang):** Spicy, salty, and deeply savory. A must for Sichuan-style cooking.
- **Fermented Black Beans (Douchi):** Intense umami with a slightly bitter edge. Usually rinsed and chopped before cooking.
- **Hoisin Sauce:** Thick, sweet, and tangy. Great in marinades or as a glaze for meats.
- **Oyster Sauce:** Savory, slightly sweet, and packed with umami. A go-to sauce for vegetable stir-fries.
- **Chili Bean Sauce (La Doubanjiang):** A spicy cousin of doubanjiang, used when heat is as important as depth.

With these pantry staples on hand, you're always just a few ingredients away from a satisfying wok-cooked meal. They form the backbone of countless sauces, stir-fries, and marinades—versatile, powerful, and deeply rooted in tradition.

Now that you're familiar with the basic tools and pantry staples that form the foundation of wok cooking, it's time to turn up the heat. Mastering the basics of equipment and ingredients sets you up for success, but the real magic happens when you start stirring, tossing, and sizzling.

In the following chapters, you'll find recipes organized by technique and meal type—each one designed to build your confidence and skills. From quick beef stir-fries to fragrant noodle dishes and hearty braises, these recipes harness the flavors and tools we've introduced to create vibrant, delicious meals.

Get your wok heated, your sauces mixed, and your spatula ready—it's time to bring these dishes to life!

Stir-Fries



Classic Beef & Broccoli Stir-Fry

Juicy beef and crisp broccoli in a savory garlic-ginger sauce—quick, healthy, and delicious.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 340 kcal | Protein: 28 g |
Fat: 18 g | Saturated Fat: 4 g |
Carbohydrates: 15 g | Fiber: 3 g | Sodium:
950 mg

Ingredients:

- ½ lb (225 g) flank steak, thinly sliced against the grain
- 2 cups (150 g) broccoli florets
- 2 tbsp (30 ml) vegetable oil, divided
- 2 garlic cloves, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) cornstarch
- ¼ cup (60 ml) water
- ½ tsp (1 g) red pepper flakes (optional)

Instructions:

1. Using a small bowl, whisk together oyster sauce, soy sauce, hoisin sauce, sesame oil, cornstarch, and water. Set aside.
2. Heat 1 tbsp (15 ml) vegetable oil in a wok over high heat. Add the beef and stir-fry for 2 minutes until it is browned but not completely cooked through. Remove and set aside.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Stir-fry garlic, ginger, and red pepper flakes (if using) for 30 seconds until fragrant.
4. Add broccoli and stir-fry for 2 minutes. Incorporate the sauce and allow it to cook for 1 minute, until slightly thickened.
5. Return the beef to the wok and toss everything together for another 1-2 minutes until the beef is fully cooked and coated in sauce.

Mongolian Beef Stir-Fry

Sweet, sticky, and slightly spicy beef with green onions—perfectly caramelized in a wok.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 320 kcal | Protein: 26 g |
Fat: 16 g | Saturated Fat: 3 g |
Carbohydrates: 18 g | Fiber: 1 g | Sodium:
900 mg

Ingredients:

- ½ lb (225 g) flank steak, thinly sliced against the grain
- 3 green onions (45 g), cut into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) vegetable oil, divided
- 2 garlic cloves, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) low-sodium soy sauce
- 2 tbsp (30 ml) water
- 1 tbsp (15 g) brown sugar
- ½ tsp (1 g) red pepper flakes
- 1 tsp (5 ml) sesame oil
- 1 tsp (3 g) cornstarch

Instructions:

1. Using a bowl, mix soy sauce, water, brown sugar, red pepper flakes, sesame oil, and cornstarch. Set aside.
2. Heat 1 tbsp (15 ml) vegetable oil in a wok over high heat. Add the beef and stir-fry for two minutes, until it browns while remaining slightly undercooked. Remove and set aside.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Stir-fry garlic and ginger for 30 seconds until fragrant.
4. Incorporate the sauce and allow it to cook for 1 minute, until thickened.
5. Return beef to the wok, add green onions, and toss everything together for another 1-2 minutes until well-coated and the beef is fully cooked.

Black Pepper Beef Stir-Fry

A bold and peppery stir-fry with tender beef, crisp bell peppers, and a rich spicy sauce.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) sirloin steak, thinly sliced against the grain
- 1 medium bell pepper (1¼ cups/150 g), thinly sliced (any color)
- ½ small onion (50 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil, divided
- 3 garlic cloves, minced
- 1 tsp (3 g) cornstarch
- 1 tsp (5 ml) sesame oil
- 1 tbsp (6 g) freshly ground black pepper
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 g) brown sugar
- ¼ cup (60 ml) beef broth

Instructions:

1. Using a small bowl, mix soy sauce, oyster sauce, brown sugar, beef broth, cornstarch, and sesame oil. Set aside.
2. Heat 1 tbsp (15 ml) vegetable oil in a wok over high heat. Add the beef and stir-fry for two minutes, until it browns while remaining a bit undercooked. Remove and set aside.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Stir-fry garlic and black pepper for 30 seconds until fragrant.
4. Add bell pepper and onion, stir-frying for 2 minutes until slightly softened.
5. Incorporate the sauce and allow it to cook for 1 minute, until thickened. Return beef to the wok and toss everything together for another 1-2 minutes until well-coated and beef is cooked through.

Nutritional Value (per serving):

Calories: 350 kcal | Protein: 27 g | Fat: 18 g | Saturated Fat: 4 g | Carbohydrates: 16 g | Fiber: 3 g | Sodium: 920 mg

Thai Basil Beef Stir-Fry (Pad Kra Pao)

Spicy, aromatic, and herb-packed—this Thai-inspired stir-fry is a flavor explosion.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) ground beef (85% lean)
- 1 cup (50 g) fresh Thai basil leaves (or regular basil in a pinch)
- 1 small red chili (1 tsp/10 g), thinly sliced (or ½ tsp/0.5 g) chili flakes)
- 3 garlic cloves, minced
- 1 shallot (⅓ cup/40 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) oyster sauce
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) water
- 1 tsp (5 ml) lime juice
- 2 fried eggs (optional, for serving)

Instructions:

1. Using a small bowl, mix oyster sauce, fish sauce, sugar, water, and lime juice. Set aside.
2. Warm the oil in a wok on high heat. Add garlic, shallot, and chili, stir-frying for 30 seconds until fragrant.
3. Incorporate the ground beef, using a spatula to break it apart. Cook for 3 to 4 minutes until golden brown and crispy.
4. Stir in the sauce and cook for 1 minute, allowing it to coat the beef completely. Turn off the heat and add the basil, stirring just until it wilts.
5. Plate with rice and, if preferred, finish with a fried egg on top.

Nutritional Value (per serving):

Calories: 340 kcal | Protein: 24 g | Fat: 22 g | Saturated Fat: 6 g | Carbohydrates: 10 g | Fiber: 1 g | Sodium: 1,200 mg

Honey Garlic Beef Stir-Fry

Sweet, sticky, and garlicky beef with crisp snap peas—ready in minutes for a crowd-pleasing meal.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) sirloin steak, thinly sliced against the grain
- 1 cup (100 g) snap peas, trimmed
- ½ medium carrot (½ cup/50 g), julienned
- 2 tbsp (30 ml) vegetable oil, divided
- 4 garlic cloves, minced
- 2 tbsp (30 ml) honey
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (2 g) red pepper flakes
- 1 tsp (3 g) cornstarch
- 2 tbsp (30 ml) water
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) sesame seeds (for garnish)

Instructions:

1. Using a small bowl, whisk together honey, soy sauce, rice vinegar, red pepper flakes, cornstarch, water, and sesame oil. Set aside.
2. Heat 1 tbsp (15 ml) vegetable oil in a wok over high heat. Add the beef and stir-fry for two minutes, until it browns while remaining a bit undercooked. Remove and set aside.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Stir-fry garlic for 30 seconds until fragrant, then add snap peas and carrot. Stir-fry for 2 minutes until crisp-tender.
4. Incorporate the sauce and allow it to cook for 1 minute, until thickened. Return beef to the wok and toss everything together for 1-2 minutes until glossy and fully coated.
5. Garnish with sesame seeds and serve immediately.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 28 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 32 g | Fiber: 3 g | Sodium: 850 mg

Singapore-Style Chili Crab Stir-Fry

Sweet, spicy, and tangy, this famous crab recipe is quickly prepared in a wok with a luscious, egg-thickened sauce.

Time to prepare: 15 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- 1 lb (450 g) fresh blue crab, cleaned and cut into pieces (or 2 large Dungeness crab clusters)
- 2 tbsp (30 ml) vegetable oil
- 3 garlic cloves, minced
- 1 tbsp (15 g) ginger, minced
- 1 red chili (1 tsp/10 g), sliced
- 2 tbsp (30 ml) tomato ketchup
- 1 tbsp (15 ml) chili garlic sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ cup (120 ml) chicken stock
- 1 egg, lightly beaten
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water
- 2 scallions (2 tbsp/20 g), sliced
- 1 tbsp (15 ml) lime juice

Instructions:

1. Using a bowl, combine ketchup, chili garlic sauce, soy sauce, sugar, and chicken stock. Set aside.
2. Get the oil hot in the wok by heating it on high. Stir-fry garlic, ginger, and chili briefly—about 30 seconds—until aromatic.
3. Toss in the crab and cook while stirring for 2 minutes, until the shells are red. Pour in the sauce and simmer for 5 minutes.
4. Stir in cornstarch slurry to thicken, then drizzle the beaten egg in a circular motion to form ribbons.
5. Complete the dish by adding scallions and lime juice. Serve with mantou buns or rice.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 32 g | Fat: 18 g | Saturated Fat: 3 g | Carbohydrates: 15 g | Fiber: 1 g | Sodium: 1,300 mg

Szechuan Beef Stir-Fry

Spicy, numbing, and packed with flavor—this Szechuan-style beef stir-fry is a fiery delight.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) flank steak, thinly sliced against the grain
- 1 cup (70 g) sliced shiitake mushrooms
- ½ red bell pepper (⅔ cup/75 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil, divided
- 2 garlic cloves, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 tsp (5 ml) sesame oil
- 2 green onions (⅓ cup/30 g), sliced
- 1 tbsp (15 ml) Szechuan sauce (or substitute with 1 tbsp (10 ml) soy sauce + ½ tsp (1.5 g) chili paste)
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (1 g) Szechuan peppercorns, crushed (optional for numbing spice)
- ¼ cup (60 ml) water
- 1 tsp (3 g) cornstarch

Nutritional Value (per serving):

Calories: 330 kcal | Protein: 26 g | Fat: 17 g | Saturated Fat: 3 g | Carbohydrates: 18 g | Fiber: 3 g | Sodium: 880 mg

Instructions:

1. In a small bowl, whisk together Szechuan sauce, hoisin sauce, rice vinegar, water, cornstarch, and sesame oil. Set aside.
2. Heat 1 tbsp (15 ml) vegetable oil in a wok over high heat. Add the beef and stir-fry for two minutes, until it browns while remaining a bit undercooked. Remove and set aside.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Stir-fry garlic, ginger, and Szechuan peppercorns (if using) for 30 seconds until fragrant.
4. Add mushrooms and bell pepper, stir-frying for 2 minutes until slightly softened.
5. Incorporate the sauce and allow it to cook for 1 minute, until thickened. Return beef to the wok, add green onions, and toss everything together for another 1-2 minutes until well-coated and beef is cooked through.

Salt & Pepper Squid

Crunchy, golden squid infused with bold flavors of garlic, chili, and Sichuan peppercorn.

Time to prepare: 15 minutes

Time to cook: 5 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) squid tubes and tentacles, sliced into rings
- ¼ cup (30 g) cornstarch
- ½ tsp (3 g) sea salt
- ½ tsp (2 g) black pepper
- ½ tsp (2 g) Sichuan peppercorns, crushed (optional)
- 1 small red chili (1 tsp/10 g), thinly sliced
- 2 garlic cloves, minced
- 2 scallions (2 tbsp/20 g), sliced
- 2 tbsp (30 ml) vegetable oil
- Lime wedges, for serving

Instructions:

1. Pat the squid dry and toss with cornstarch, salt, and black pepper.
2. Warm the oil in a wok on high heat until shimmering. In batches, fry the squid for 1-2 minutes until golden and crispy. Drain on paper towels.
3. Discard excess oil, leaving 1 tbsp (15 ml). Stir in garlic, chili, and Sichuan peppercorns, frying for 30 seconds.
4. Return squid to the wok, toss with scallions, and cook for 30 seconds.
5. Serve at once, accompanied by lime wedges.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 22 g | Fat: 12 g | Saturated Fat: 2 g | Carbohydrates: 18 g | Fiber: 1 g | Sodium: 600 mg

Kung Pao Chicken

Sweet, spicy, and nutty—this Sichuan classic balances heat and crunch in every bite.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken thighs, cut into ½-inch (1.25 cm) cubes
- ¼ cup (35 g) roasted peanuts
- 1 small red bell pepper (⅔ cup/80 g), diced
- 2 dried red chilies (1 tbsp/5 g), halved (or ½ tsp/0.5 g) chili flakes)
- 2 garlic cloves, minced
- 1 tsp (5 g) grated ginger
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 2 scallions (2 tbsp/20 g), sliced

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 26 g | Saturated Fat: 4 g | Carbohydrates: 18 g | Fiber: 3 g | Sodium: 900 mg

Instructions:

1. Using a small bowl, mix soy sauce, rice vinegar, hoisin sauce, sugar, sesame oil, and cornstarch slurry. Set aside.
2. Warm the oil in a wok on high heat. Then add dried chilies, garlic, and ginger, stir-frying for 20 seconds until fragrant.
3. Add chicken and cook for 3-4 minutes until browned and nearly cooked through.
4. Toss in bell pepper and stir-fry for 1 minute. Pour in the sauce and peanuts, stirring until the sauce thickens (about 1 minute).
5. Garnish with scallions and serve over rice.

Ginger-Scallion Chicken Stir-Fry

Savory, fragrant, and loaded with fresh aromatics—this Cantonese favorite is simple yet bold.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken breast, thinly sliced
- 3 scallions (4 tbsp/30 g), cut into 2-inch (5 cm) pieces (white and green parts separated)
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 g) grated ginger
- 3 garlic cloves, minced
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) sugar
- ½ tsp (2.5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water

Instructions:

1. Using a small bowl, mix soy sauce, Shaoxing wine, sugar, sesame oil, and cornstarch slurry. Set aside.
2. Warm the oil in a wok on high heat. Add ginger and garlic, stir-frying for 15 seconds until fragrant.
3. Toss in the chicken and stir-fry for 3-4 minutes until it's no longer pink inside.
4. Stir in the white parts of the scallions and cook for 30 seconds. Pour in the sauce and toss until glossy (about 1 minute).
5. Fold in the green parts of the scallions and serve hot over rice or noodles.

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 30 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 8 g | Fiber: 1 g | Sodium: 1,000 mg

Cashew Chicken Stir-Fry

Buttery cashews, tender chicken, and a glossy sauce make this dish a crowd-pleaser with minimal effort.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken thighs, cut into ½-inch (1.25 cm) cubes
- ⅓ cup (50 g) roasted cashews
- 1 small red bell pepper (⅔ cup/80 g), diced
- ½ cup (50 g) broccoli florets
- 2 garlic cloves, minced
- 1 tbsp (15 g) grated ginger
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 2 tbsp (30 ml) water
- 2 scallions (2 tbsp/20 g), sliced

Instructions:

1. Using a small bowl, whisk soy sauce, oyster sauce, sugar, sesame oil, and cornstarch slurry. Set aside.
2. Warm the oil in a wok on high heat. Add garlic and ginger, stir-frying for 20 seconds until fragrant.
3. Add chicken and cook for 3-4 minutes until browned. Toss in bell pepper and broccoli, stir-frying for 2 minutes until crisp-tender.
4. Pour in the sauce and cashews, stirring until thickened (about 1 minute). Garnish with scallions.
5. Serve over steamed rice.

Nutritional Value (per serving):

Calories: 450 kcal | Protein: 30 g | Fat: 28 g | Saturated Fat: 5 g | Carbohydrates: 20 g | Fiber: 3 g | Sodium: 1,100 mg

Honey-Sesame Chicken Stir-Fry

Sticky-sweet with a nutty finish, this dish is a takeout favorite made healthier at home.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken breast, thinly sliced
- 1 tbsp (15 g) sesame seeds
- ½ cup (60 g) carrots, julienned
- ½ cup (50 g) snap peas
- 2 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) honey
- 1 tbsp (15 ml) rice vinegar
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 1 scallion (1 tbsp/10 g), sliced

Instructions:

1. Using a bowl, mix soy sauce, honey, rice vinegar, sesame oil, and cornstarch slurry. Set aside.
2. Warm the oil in a wok on high heat. Add garlic and stir-fry for 15 seconds until fragrant.
3. Add chicken and cook for 3 minutes until opaque. Toss in carrots and snap peas, stir-frying for 2 minutes.
4. Pour in the sauce, stirring until it coats the chicken and thickens (1 minute). Sprinkle with sesame seeds.
5. Sprinkle with green onions and serve alongside rice or noodles.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 28 g | Fat: 12 g | Saturated Fat: 2 g | Carbohydrates: 25 g | Fiber: 3 g | Sodium: 950 mg

Lemon-Garlic Chicken Stir-Fry

Bright, zesty, and garlicky—this light yet flavorful stir-fry is perfect for a quick, refreshing meal.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken
- ½ lb (225 g) boneless chicken breast, thinly sliced
- 1 small zucchini (1 cup/100 g), sliced into half-moons
- ½ cup (60 g) red onion, thinly sliced
- 4 garlic cloves, minced
- 1 lemon (zested + juiced)
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) honey
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- ½ tsp (0.5 g) red chili flakes (optional)
- Fresh cilantro (2 tbsp/5 g), chopped

Instructions:

1. In a bowl, mix soy sauce, honey, lemon zest, lemon juice (2 tbsp), and cornstarch slurry. Set aside.
2. Warm the oil in a wok on high heat. Add garlic and red onion, stir-frying for 30 seconds until fragrant.
3. Add chicken and cook for 3 minutes until no longer pink. Toss in zucchini and stir-fry for 1 minute.
4. Add the sauce and keep stirring until the mixture thickens (1 minute). Sprinkle with chili flakes (if using).
5. Top with cilantro and serve alongside jasmine rice or noodles.

Nutritional Value (per serving):

Calories: 310 kcal | Protein: 28 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 18 g | Fiber: 2 g | Sodium: 950 mg

Szechuan Chili Chicken Stir-Fry

Fiery, numbing, and addictive—this Szechuan classic brings the heat with bold spices and tender chicken.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken thighs, thinly sliced
- 1 tbsp (15 g) Szechuan peppercorns, lightly crushed
- 2 dried red chilies (1 tbsp/5 g), chopped (or 1 tsp (1 g) chili flakes)
- ½ red bell pepper (⅓ cup/60 g), thinly sliced
- 3 garlic cloves, minced
- 1 tbsp (15 g) ginger, julienned
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) black vinegar (or rice vinegar)
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 scallion (1 tbsp/10 g), sliced

Instructions:

1. Using a small bowl, mix soy sauce, hoisin sauce, vinegar, sugar, and sesame oil. Set aside.
2. Warm the oil in a wok on high heat. Add Szechuan peppercorns and dried chilies, stir-frying for 20 seconds until fragrant (careful—don't burn!).
3. Add garlic and ginger, stir-frying for 10 seconds. Toss in chicken and cook for 3 minutes until browned.
4. Include bell pepper and stir continuously for 1 minute. Pour in the sauce and toss until glossy (1 minute).
5. Sprinkle with scallions and serve alongside steamed rice (and cold beer—trust me).

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 26 g | Fat: 24 g | Saturated Fat: 4 g | Carbohydrates: 14 g | Fiber: 2 g | Sodium: 1,000 mg

Twice-Cooked Pork (Hui Guo Rou)

A Sichuan classic featuring tender pork belly, bold spices, and fermented bean paste for a rich, savory-sweet flavor.

Time to prepare: 15 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) pork belly, skin-on
- 1 small leek (1 cup/100 g), sliced diagonally
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 g) fermented chili bean paste (doubanjiang)
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) dark soy sauce
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, sliced
- ½ tsp (2 g) Sichuan peppercorns, crushed (optional)
- ¼ cup (60 ml) water

Instructions:

1. Using a pot, simmer pork belly in water for 20 minutes until just tender. Let cool, then slice into ¼-inch (0.6 cm) thick pieces.
2. Warm the oil in a wok on medium-high heat. Toss in the pork slices and sauté for a few minutes until just crisp on the edges. Remove excess oil if needed.
3. Push pork aside, add garlic, ginger, and bean paste. Stir-fry for 30 seconds until fragrant. Mix with pork.
4. Add soy sauces, sugar, and Sichuan peppercorns. Toss well.
5. Add leeks and water. Stir-fry for 2 minutes until leeks soften. Serve hot.

Nutritional Value (per serving):

Calories: 450 kcal | Protein: 18 g |
Fat: 38 g | Saturated Fat: 12 g |
Carbohydrates: 8 g | Fiber: 1 g |
Sodium: 900 mg

Sweet & Sour Pork Stir-Fry

Crispy pork tossed in a tangy, vibrant sauce with bell peppers and pineapple—perfectly balanced.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) pork shoulder or loin, cut into 1-inch (2.5 cm) cubes
- ½ cup (75 g) bell peppers (red/green), diced
- ½ cup (75 g) pineapple chunks (fresh or canned)
- 3 tbsp (45 ml) vegetable oil (for frying)
- 2 tbsp (20 g) cornstarch
- 1 clove garlic, minced
- 1 tsp (5 g) ginger, grated
- 3 tbsp (45 ml) ketchup
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) brown sugar
- ¼ cup (60 ml) water
- 1 tsp (5 g) cornstarch (slurry)

Instructions:

1. Toss pork cubes in cornstarch until evenly coated.
2. Warm the oil in a wok on high heat. Sear the pork in several batches until golden, about 3 to 4 minutes each. Drain on paper towels.
3. Using a bowl, mix ketchup, vinegar, soy sauce, sugar, water, and cornstarch slurry.
4. Sauté garlic and ginger for 30 seconds. Add bell peppers and pineapple; stir-fry 2 minutes.
5. Add the sauce to the wok and let it simmer until it thickens. Add pork and toss to coat. Serve immediately.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 25 g |
Fat: 22 g | Saturated Fat: 5 g |
Carbohydrates: 30 g | Fiber: 2 g | Sodium:
800 mg

Garlic Pork Stir-Fry with Green Beans

A quick and savory stir-fry that pairs tender garlic-infused pork with crisp green beans for a perfect meal.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) pork loin, thinly sliced
- 1 cup (100 g) green beans, trimmed and halved
- 4 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) black pepper
- 2 tbsp (30 ml) water

Instructions:

1. Get the oil hot in the wok by heating it on high. Add garlic and stir-fry for 10 seconds until fragrant.
2. Add pork slices and stir-fry for 2-3 minutes until no longer pink.
3. Stir in the green beans and continue to stir-fry for 2 minutes.
4. Add oyster sauce, soy sauce, sugar, black pepper, and water. Stir-fry for 1-2 minutes until beans are tender-crisp.
5. Finish with a drizzle of sesame oil and serve warm.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 26 g | Fat: 14 g | Saturated Fat: 3 g | Carbohydrates: 8 g | Fiber: 2 g | Sodium: 850 mg

Spicy Sichuan Pork with Peanuts (Gong Bao Pork)

A fiery, flavorful classic—tender pork and crunchy peanuts come together in a spicy, tongue-tingling Sichuan sensation.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) pork tenderloin, diced
- ¼ cup (40 g) roasted peanuts
- 1 small red bell pepper (⅔ cup/75 g), diced
- 2 dried red chilies (1 tbsp/5 g), halved
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) Sichuan peppercorns
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tbsp (15 g) sugar
- 1 tsp (5 ml) hoisin sauce
- 1 tsp (5 g) cornstarch
- 2 tbsp (30 ml) water

Instructions:

1. Using a bowl, mix soy sauce, black vinegar, sugar, hoisin sauce, cornstarch, and water and set aside.
2. Warm the oil in a wok on high heat. Add Sichuan peppercorns and dried chilies, stir-frying for 20 seconds until fragrant.
3. Add pork and stir-fry for 3 minutes until browned.
4. Add garlic, ginger, and bell pepper. Stir-fry for 1 minute.
5. Pour in the sauce and toss until thickened. Stir in peanuts. Serve immediately.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 28 g | Fat: 20 g | Saturated Fat: 4 g | Carbohydrates: 18 g | Fiber: 3 g | Sodium: 750 mg

XO Sauce Scallops with Snow Peas

Plump-seared scallops tossed in luxurious XO sauce with crisp snow peas—a restaurant-worthy dish in minutes.

Time to prepare: 10 minutes

Time to cook: 8 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) fresh sea scallops, patted dry
- 1 cup (100 g) snow peas, trimmed
- 1 tbsp (15 ml) XO sauce
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, julienned
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- 1 scallion (1 tbsp/10 g), sliced diagonally
- 1 tsp (5 ml) sesame oil

Instructions:

1. Using a small bowl, mix XO sauce, soy sauce, and sugar. Set aside.
2. Heat 1 tbsp (15 ml) oil in a wok over high heat. Sear the scallops for 1-2 minutes per side until they develop a golden crust.
3. Add the remaining oil to the wok. Stir-fry garlic, ginger, and snow peas for 1 minute. Deglaze with Shaoxing wine.
4. Return the scallops to the wok, add the XO sauce mixture, and toss for 30 seconds. Drizzle with sesame oil and garnish with scallions.
5. Serve immediately over steamed jasmine rice.

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 25 g |
Fat: 16 g | Saturated Fat: 2 g |
Carbohydrates: 9 g | Fiber: 2 g |
Sodium: 850 mg

Spicy Garlic Black Pepper Shrimp

Fiery, garlicky shrimp with a bold black pepper punch—simple yet explosive flavor.

Time to prepare: 10 minutes

Time to cook: 6 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) large shrimp, peeled and deveined
- 4 garlic cloves, minced
- 1 red Fresno chili (15 g), thinly sliced (or ½ tsp/0.5 g) chili flakes
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) butter
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 ml) fish sauce
- 1 tsp (5 g) freshly cracked black pepper
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) water
- ¼ cup (10 g) cilantro, chopped

Instructions:

1. In a bowl, mix oyster sauce, fish sauce, black pepper, sugar, and water. Set aside.
2. Place oil and butter in a wok and heat over high heat until melted and hot. Sauté garlic and chili for 30 seconds until fragrant.
3. Incorporate the shrimp and stir-fry for 2 minutes until they turn pink yet remain tender.
4. Pour in the sauce and toss for 1 minute until the shrimp are glazed.
5. Add fresh cilantro as a finishing touch and pair with lime wedges for serving.

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 23 g |
Fat: 14 g | Saturated Fat: 5 g |
Carbohydrates: 7 g | Fiber: 1 g |
Sodium: 1,000 mg

Crispy Salt & Pepper Whitebait with Fried Garlic

Light, crunchy fried whitebait tossed with aromatic garlic and a kick of Sichuan pepper—an addictive bar snack or rice topper.

Time to prepare: 10 minutes

Time to cook: 6 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) fresh whitebait (or smelt), patted dry
- ¼ cup (30 g) cornstarch
- ½ tsp (3 g) sea salt
- ½ tsp (2 g) black pepper
- ½ tsp (2 g) Sichuan peppercorns, ground
- 4 garlic cloves, thinly sliced
- 1 red chili (1 tsp/10 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 scallion (1 tbsp/10 g), sliced
- Lime wedges, for serving

Instructions:

1. Toss whitebait with cornstarch, salt, and black pepper. Shake off excess.
2. Get the oil hot in the wok by heating it on high. Fry garlic until golden (30 seconds). Remove with a slotted spoon.
3. Using the same oil, cook the whitebait in batches for 2-3 minutes until crisp. Drain on paper towels.
4. Return all whitebait to the wok. Toss the garlic, chili, and Sichuan pepper in the pan and cook briefly, about half a minute.
5. Scatter scallions over the top and serve with lime.

Nutritional Value (per serving):

Calories: 310 kcal | Protein: 20 g | Fat: 16 g | Saturated Fat: 2 g | Carbohydrates: 18 g | Fiber: 1 g | Sodium: 700 mg

Shrimp with Lobster Sauce

A Cantonese-American classic featuring plump shrimp in a rich, savory sauce with a touch of egg ribbon.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) large shrimp, peeled and deveined
- 2 oz (60 g) ground pork (optional)
- 1 cup (240 ml) chicken stock
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, minced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) fermented black bean sauce (or 1 tsp black beans, rinsed and mashed)
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) white pepper
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water
- 1 egg, lightly beaten
- 2 scallions (2 tbsp/20 g), sliced

Instructions:

1. Using a bowl, mix chicken stock, soy sauce, sugar, white pepper, and sesame oil. Set aside.
2. Get the oil hot in the wok by heating it on high. Stir in the garlic, ginger, black bean sauce, and fry for 30 seconds.
3. Add pork (if using) and shrimp; stir-fry for 2 minutes until shrimp turns pink. Deglaze with Shaoxing wine.
4. Pour in the broth mixture and simmer gently until it starts to bubble. Stir in cornstarch slurry to thicken.
5. Slowly drizzle in the beaten egg, swirling gently to form ribbons. Garnish with scallions.
6. Serve over steamed rice.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 28 g | Fat: 18 g | Saturated Fat: 3 g | Carbohydrates: 8 g | Fiber: 1 g | Sodium: 1,100 mg

Spicy Mapo Tofu Stir-Fry

Silky tofu in a fiery, numbing Sichuan sauce with minced pork—bold and addictive.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) soft tofu, cut into 1-inch cubes
- 2 oz (60 g) ground pork (or omit for vegetarians)
- 1 tbsp (15 ml) Sichuan chili bean paste (doubanjiang)
- 1 tsp (5 g) fermented black beans, rinsed and chopped
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) dark soy sauce
- ½ cup (120 ml) vegetable broth
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, minced
- 2 green onions (3 tbsp/30 g), sliced (white and green parts separated)
- ½ tsp (2 g) Sichuan peppercorns, ground
- 2 tbsp (30 ml) vegetable oil
- ½ tsp (2 g) sugar

Instructions:

1. Using a bowl, mix soy sauce, broth, sugar, and cornstarch slurry. Set aside.
2. Warm the oil in a wok on medium-high heat. Cook the pork, if using, for around 2 minutes, breaking it into small pieces until browned. Remove from the pan.
3. In the same wok, add chili bean paste, black beans, garlic, ginger, and white parts of green onions. Stir-fry for 30 seconds until fragrant.
4. Pour in the sauce and bring to a simmer. Gently add tofu cubes; simmer for 3 minutes (do not over-stir).
5. Scatter green onion tops over the top and serve warm with rice.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 18 g | Fat: 18 g | Saturated Fat: 3 g | Carbohydrates: 10 g | Fiber: 2 g | Sodium: 900 mg

Dry-Fried Garlic Eggplant & Green Beans

Crisp-tender veggies with a smoky, garlicky glaze—Sichuan-style dry-frying technique.

Time to prepare: 10 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- 1 small eggplant (1½ cups/200 g), cut into 2-inch (2.5 cm) batons
- 1 cup (100 g) green beans, trimmed
- 3 garlic cloves, minced
- 1-inch (2.5 cm) ginger, julienned
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Chinking vinegar (or balsamic)
- 1 tsp (5 g) sugar
- ½ tsp (0.5 g) red chili flakes
- 3 tbsp (45 ml) vegetable oil (divided)
- ¼ tsp (1 g) salt

Instructions:

1. Toss eggplant with salt and let sit for 5 minutes. Pat dry with paper towels.
2. Heat 2 tbsp (30 ml) oil in a wok over high heat. Toss in the green beans and stir-fry until blistered, about 4 minutes. Set aside.
3. Add remaining oil and eggplant; fry for 5 minutes until golden. Push to the sides.
4. Add garlic, ginger, and chili flakes to the center; stir-fry for 10 seconds until fragrant.
5. Return beans to the wok. Mix in the soy sauce, vinegar, and sugar, and stir for a minute until the ingredients are well coated. Serve hot.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 4 g | Fat: 16 g | Saturated Fat: 1 g | Carbohydrates: 18 g | Fiber: 6 g | Sodium: 600 mg

Crispy Tofu & Broccoli Stir-Fry

Garlicky, slightly sweet, and packed with crunch—this stir-fry is a quick weeknight favorite.

Time to prepare: 10 minutes

Time to cook: 12 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 290 kcal | Protein: 16 g | Fat: 18 g | Saturated Fat: 2 g | Carbohydrates: 18 g | Fiber: 4 g | Sodium: 800 mg

Ingredients:

- ½ lb (225 g) firm tofu, pressed and cut into 1-inch cubes
- 2 cups (150 g) broccoli florets
- 3 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- ½ tsp (2 g) red pepper flakes
- 2 tbsp (30 ml) vegetable oil (divided)
- 1 tbsp (15 ml) water
- 1 tsp (5 g) cornstarch
- 1 tsp (5 g) toasted sesame seeds (for garnish)

Instructions:

1. Using a small bowl, combine soy sauce, hoisin, rice vinegar, sugar, red pepper flakes, water, and cornstarch. Set aside.
2. Heat 1 tbsp (15 ml) oil in a wok over high heat. Add tofu in a single layer; fry for 3-4 minutes per side until golden and crisp. Remove and set aside.
3. Pour the remaining oil into the wok. Stir-fry garlic for 10 seconds until fragrant, then add broccoli. Cook for about 3-4 minutes, until they reach a tender-crisp texture and a bright green hue.
4. Return tofu to the wok, pour in the sauce, and toss for 1 minute until everything is glossy and well-coated.
5. Finish with sesame seeds and serve with steamed rice.

Black Pepper Tofu & Mushroom Stir-Fry

Crispy pork tossed in a tangy, vibrant sauce with bell peppers and pineapple—perfectly balanced.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 270 kcal | Protein: 14 g | Fat: 16 g | Saturated Fat: 2 g | Carbohydrates: 16 g | Fiber: 3 g | Sodium: 850 mg

Ingredients:

- ½ lb (225 g) firm tofu, pressed and cut into ½-inch cubes
- 1 cup (70 g) shiitake mushrooms, sliced
- 1 small bell pepper (¾ cup/100 g), thinly sliced
- 3 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) freshly ground black pepper
- 1 tsp (5 g) sugar
- 2 tbsp (30 ml) vegetable oil
- 1 green onion (2 tbsp/15 g), sliced

Instructions:

1. Using a bowl, combine soy sauce, oyster sauce, Shaoxing wine, black pepper, and sugar. Set aside.
2. Warm the oil in a wok on high heat. Add tofu and fry for 3-4 minutes until golden. Remove and set aside.
3. In the same wok, cook the garlic briefly—about 10 seconds—then add the mushrooms and bell pepper. Stir-fry for 3 minutes until they're tender.
4. Return tofu to the wok, pour in the sauce, and toss for 1-2 minutes until everything is evenly coated and glossy.
5. Garnish with green onions and serve immediately over rice or noodles.

Sweet & Sour Pineapple Tofu Stir-Fry

Tangy, vibrant, and slightly spicy—this stir-fry brings takeout flavors home in minutes.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) extra-firm tofu, pressed and cubed
- 1 cup (150 g) fresh pineapple chunks
- ½ red bell pepper (½ cup/75 g), diced
- ½ green bell pepper (½ cup/75 g), diced
- ¼ red onion (¼ cup/40 g), sliced
- 2 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 2 tbsp (30 ml) ketchup
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- ½ tsp (0.5 g) red chili flakes
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 g) cornstarch + 1 tbsp (15 ml) water (slurry)
- 1 tbsp (8 g) toasted sesame seeds (garnish)

Instructions:

1. Using a bowl, whisk soy sauce, ketchup, rice vinegar, brown sugar, chili flakes, and cornstarch slurry. Set aside.
2. Get the oil hot in the wok by heating it on high. Toss in the tofu and fry for 3-4 minutes until golden. Remove and set aside.
3. Toss garlic and onion in the same wok and stir-fry for 30 seconds. Add bell peppers and pineapple; cook 2 minutes.
4. Return tofu to the wok, pour in the sauce, and toss for 1-2 minutes until thickened and glossy.
5. Garnish with sesame seeds and serve over jasmine rice.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 12 g | Fat: 16 g | Saturated Fat: 2 g | Carbohydrates: 35 g | Fiber: 4 g | Sodium: 700 mg

Garlic Bok Choy & Shiitake Tofu Stir-Fry

Earthy mushrooms and crisp bok choy in a garlicky, savory sauce—simple but deeply flavorful.

Time to prepare: 10 minutes

Time to cook: 8 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) firm tofu, pressed and sliced into strips
- 2 cups (150 g) baby bok choy, halved lengthwise
- 1 cup (70 g) shiitake mushrooms, sliced
- 4 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) vegetarian oyster sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 g) cornstarch + 1 tbsp (15 ml) water (slurry)
- 1 red chili (optional), thinly sliced

Instructions:

1. Using a bowl, combine soy sauce, oyster sauce, sesame oil, sugar, and cornstarch slurry. Set aside.
2. Warm the oil in a wok on high heat. Add tofu and fry for 2-3 minutes per side until crisp. Remove and set aside.
3. Using the same wok, stir-fry garlic and chili (if using) for 10 seconds. Toss in mushrooms and bok choy; cook for 2-3 minutes until wilted.
4. Return tofu to the wok, pour in the sauce, and toss for 1 minute until everything is coated.
5. Enjoy immediately alongside steamed rice or noodles.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 14 g | Fat: 18 g | Saturated Fat: 2 g | Carbohydrates: 16 g | Fiber: 3 g | Sodium: 750 mg

Lemongrass Chili Tofu & Kale Stir-Fry

Bright, herbaceous, and spicy—this Vietnamese-inspired stir-fry packs fresh, vibrant flavors.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) extra-firm tofu, pressed and cut into triangles
- 2 cups (60 g) curly kale, stems removed and torn
- 1 stalk lemongrass (3 tbsp/30 g), finely minced (white part only)
- 1 red chili (1 tbsp/10 g), thinly sliced
- 3 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fish sauce (or vegan fish sauce)
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) lime juice
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) water

Instructions:

1. Using a bowl, mix soy sauce, fish sauce, sugar, lime juice, and water. Set aside.
2. Warm the oil in a wok on medium-high. Add tofu and fry for 3-4 minutes per side until golden. Remove and set aside.
3. In the same wok, stir-fry lemongrass, garlic, and chili for 30 seconds until aromatic.
4. Include the kale and toss for 1-2 minutes until slightly wilted, then add the tofu back into the wok.
5. Stir in the sauce and cook for 1 minute until fully coated. Serve with jasmine rice.

Nutritional Value (per serving):

Calories: 260 kcal | Protein: 15 g | Fat: 16 g | Saturated Fat: 2 g | Carbohydrates: 12 g | Fiber: 2 g | Sodium: 1,100 mg

Miso-Glazed Tofu & Asparagus Stir-Fry

Rich, savory, and slightly sweet—this Japanese-inspired dish is umami perfection.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) firm tofu, pressed and cubed
- 1 cup (100 g) asparagus, trimmed and cut into 2-inch (5cm) pieces
- 1 tbsp (15 g) white miso paste
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) grated ginger
- 1 garlic clove, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) sesame seeds (garnish)

Instructions:

1. Using a bowl, whisk miso, mirin, soy sauce, and sesame oil. Set aside.
2. Warm the oil in a wok on high heat. Add tofu and fry for 3 minutes until it attains a light brown crust. Remove and set aside.
3. Using the same wok, stir-fry garlic and ginger for 10 seconds. Toss in the asparagus and cook for about 2 minutes until brightly colored.
4. Return tofu to the wok, pour in the sauce, and toss for 1-2 minutes until glazed.
5. Scatter sesame seeds over the dish and serve with steamed rice.

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 14 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 14 g | Fiber: 3 g | Sodium: 900 mg

Rice & Noodles



Kimchi Fried Rice (Kimchi Bokkeumbap)

Spicy, tangy, and packed with umami—this Korean-style fried rice is a quick and satisfying meal.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 2 cups (300 g) cooked white rice (preferably day-old, chilled)
- ½ cup (100 g) kimchi, chopped (plus 1 tbsp (15 ml) kimchi juice)
- 2 oz (60 g) pork belly or bacon, diced (optional)
- 1 small onion (½ cup/70 g), finely diced
- 1 garlic clove, minced
- 1 green onion (2 tbsp/15 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 fried egg per serving (optional)
- ½ sheet roasted seaweed (gim), shredded (optional)

Instructions:

1. Using a small bowl, combine soy sauce, sugar, sesame oil, and kimchi juice. Set aside.
2. Warm the oil in a wok on medium-high heat. Add pork belly (if using) and cook until crispy (2-3 minutes).
3. Add onion and garlic, stir-frying for 1 minute until softened.
4. Turn the heat up to high, add kimchi, and stir-fry for 1 minute until aromatic.
5. Incorporate the rice, breaking apart clumps. Stir-fry for 2 minutes until grains are separated.
6. Pour in the sauce and toss for 1 minute until evenly coated.
7. Serve garnished with green onions, a fried egg, and seaweed on top.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 8 g | Fat: 18 g | Saturated Fat: 4 g | Carbohydrates: 45 g | Fiber: 2 g | Sodium: 900 mg

Japanese Garlic Butter Fried Rice (Ninniku Butter Yaki)

Rich, aromatic, and umami-packed—this Japanese-style fried rice features garlic, butter, and a hint of soy.

Time to prepare: 10 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- 2 cups (300 g) cooked short-grain rice (preferably day-old, chilled)
- 3 oz (90 g) thinly sliced beef (sukiyaki cut) or pork
- 3 garlic cloves, minced
- 1 tbsp (15 g) grated ginger
- 2 tbsp (30 g) unsalted butter
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) mirin
- ½ tsp (2 g) sugar
- 1 green onion (2 tbsp/15 g), sliced
- 1 tbsp (5 g) toasted sesame seeds
- Shichimi togarashi (optional, for spice)

Instructions:

1. Using a small bowl, mix soy sauce, mirin, and sugar. Set aside.
2. Heat oil and 1 tbsp (15 g) butter in a wok over medium-high heat. Stir in the garlic and ginger, then sauté briefly—about 30 seconds—until the aroma is released.
3. Add beef/pork and cook for 2 minutes until no longer pink.
4. Turn the heat to high, add rice, and stir-fry for 2 minutes, breaking up clumps with a spatula.
5. Pour in the sauce and remaining butter. Toss for 1 minute until glossy.
6. Finish by garnishing with green onions, sesame seeds, and shichimi togarashi, if preferred.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 20 g | Fat: 22 g | Saturated Fat: 9 g | Carbohydrates: 38 g | Fiber: 1 g | Sodium: 800 mg

Pineapple Fried Rice (Khao Pad Sapparot)

Sweet, savory, and tropical—this Thai-inspired fried rice is vibrant and aromatic.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- ½ cup (75 g) fresh pineapple, diced
- 3 oz (90 g) shrimp or chicken, diced
- 1 small red bell pepper (½ cup/60 g), diced
- ¼ cup (40 g) frozen peas and carrots
- 1 garlic clove, minced
- 1 shallot (¼ cup/30 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) curry powder
- 1 green onion (2 tbsp/15 g), sliced
- 2 tbsp (8 g) cilantro, chopped
- 2 tbsp (15 g) cashews, toasted (optional)
- Lime wedges for serving

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 18 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 55 g | Fiber: 3 g | Sodium: 1,100 mg

Instructions:

1. Using a small bowl, mix fish sauce, soy sauce, sugar, and curry powder. Set aside.
2. Warm the oil in a wok on high heat. Add shallot and garlic, stir-frying for 30 seconds.
3. Stir in the shrimp or chicken and cook for 2 minutes until they turn opaque.
4. Add bell pepper, peas, and carrots. Stir-fry for 1 minute.
5. Incorporate the rice, breaking apart clumps. Stir-fry for 2 minutes until heated through.
6. Pour in the sauce and toss for 1 minute. Fold in the pineapple.
7. Top with green onions, cilantro, and cashews, and serve with lime wedges.

Yangzhou Fried Rice (Yeung Chow Fried Rice)

A classic Chinese-style fried rice with tender shrimp, ham, and vibrant vegetables.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 2 cups (300 g) cooked white rice (preferably day-old, chilled)
- 3 oz (90 g) small shrimp, peeled and deveined
- 2 oz (60 g) Chinese char siu (BBQ pork) or ham, diced
- ¼ cup (40 g) frozen peas and carrots
- 1 egg, lightly beaten
- 1 green onion (2 tbsp/15 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 ml) soy sauce
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- Salt to taste

Instructions:

1. Using a bowl, combine soy sauce, oyster sauce, Shaoxing wine, black pepper, Using a small bowl, combine soy sauce, sugar, white pepper, and sesame oil. Set aside.
2. Heat 1 tbsp (15 ml) oil in a wok over high heat. Add shrimp and stir-fry for 1-2 minutes until pink. Remove and set aside.
3. Pour the remaining amount of oil into the wok. Pour in the beaten egg and scramble lightly for 30 seconds.
4. Add char siu (or ham), peas, and carrots. Stir-fry for 1 minute.
5. Incorporate the rice, breaking apart clumps. Stir-fry for 2 minutes until heated through.
6. Return shrimp to the wok, pour in the sauce, and toss for 1 minute until evenly coated.
7. Finish with green onions and serve straight away.

Nutritional Value (per serving):

Calories: 390 kcal | Protein: 22 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 45 g | Fiber: 2 g | Sodium: 850 mg

Nasi Goreng (Indonesian Fried Rice)

A rich, savory fried rice infused with sweet soy and shrimp paste, crowned with a perfectly crispy fried egg.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2

**Ingredients:**

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- 3 oz (90 g) chicken thigh, diced
- 1 small shallot (¼ cup/30 g), finely chopped
- 1 garlic clove, minced
- 1 red chili (1 tsp/10 g), sliced (or ½ tsp/0.5 g chili flakes)
- 1 tbsp (15 g) shrimp paste (terasi)
- 2 tbsp (30 ml) sweet soy sauce (kecap manis)
- 1 tbsp (15 ml) regular soy sauce
- 1 tsp (5 g) sugar
- 2 tbsp (30 ml) vegetable oil
- 1 fried egg per serving
- ¼ cup (15 g) fried shallots (optional)
- Cucumber slices, for serving

Instructions:

1. Using a small bowl, combine sweet soy sauce, regular soy sauce, and sugar. Set aside.
2. Get the oil hot in the wok by heating it on high. Add shallot, garlic, chili, and shrimp paste. Stir-fry for 1 minute until aromatic.
3. Add chicken and cook for 3 minutes until no longer pink.
4. On high heat, stir-fry the rice for 2 minutes, making sure to break up any clumps.
5. Pour in the sauce and toss for 1 minute until fully coated.
6. Serve garnished with a fried egg, fried shallots, and cucumber slices.

Nutritional Value (per serving):

Calories: 410 kcal | Protein: 20 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 48 g | Fiber: 2 g | Sodium: 1,100 mg

Sichuan Spicy Fried Rice (La Zi Chao Fan)

Fiery, numbing, and deeply savory—this Sichuan-inspired fried rice packs a punch with chili and peppercorns.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 2 cups (300 g) cooked white rice (preferably day-old, chilled)
- 3 oz (90 g) ground pork
- 1 small red bell pepper (½ cup/60 g), diced
- 2 dried red chilies (1 tbsp/5 g), crushed; or 1 tsp/2 g chili flakes
- 1 tsp (5 g) Sichuan peppercorns, lightly crushed
- 2 garlic cloves, minced
- 1 tbsp (15 g) fermented black beans (douchi), rinsed and chopped
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) sesame oil
- 1 green onion (2 tbsp/15 g), sliced

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 18 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 42 g | Fiber: 2 g | Sodium: 950 mg

Instructions:

1. Using a small bowl, combine soy sauce, Shaoxing wine, sugar, and sesame oil. Set aside.
2. Get the oil hot in the wok by heating it on high. Stir in the Sichuan peppercorns and dried chilies, cooking for about 30 seconds until their aroma is released.
3. Add garlic and fermented black beans, stir-frying for 30 seconds.
4. Stir in minced pork, using a spatula to crumble it, and cook for 2 to 3 minutes until nicely browned.
5. Add bell pepper and stir-fry for 1 minute.
6. Toss in the rice, breaking up clumps with a spatula. Stir-fry for 2 minutes until heated through.
7. Drizzle in the sauce and stir-fry for 1 minute to coat everything evenly.
8. Sprinkle green onions over the dish and serve immediately.

Malaysian Sambal Fried Rice (Nasi Goreng Sambal)

Spicy, sweet, and deeply aromatic—this Malaysian-style fried rice features fiery sambal and crispy anchovies.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- 3 oz (90 g) peeled shrimp
- 2 tbsp (30 g) dried anchovies (ikan bilis), fried until crisp
- 1 small onion (½ cup/70g), finely diced
- 1 garlic clove, minced
- 1 tbsp (15 g) sambal oelek (or to taste)
- 1 red chili (1 tsp/10 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) sweet soy sauce (kecap manis)
- 1 tsp (5 ml) fish sauce
- ½ tsp (2 g) sugar
- 1 green onion (2 tbsp/15 g), sliced
- ¼ cup (10 g) cilantro, chopped
- Lime wedges, for serving

Instructions:

1. Using a small bowl, combine sweet soy sauce, fish sauce, and sugar. Set aside.
2. Warm the oil in a wok on medium-high heat. Add onion and garlic, stir-frying for 1 minute until softened.
3. Add sambal and red chili, stir-frying for 30 seconds until aromatic.
4. Place shrimp in the pan and cook for 2 minutes until pink.
5. Raise the heat to high, toss in the rice, and stir-fry for 2 minutes, breaking up clumps.
6. Drizzle the sauce in and toss for 1 minute until fully coated.
7. Fold in fried anchovies. Garnish with green onions and cilantro. Serve with lime wedges.

Nutritional Value (per serving):

Calories: 400 kcal | Protein: 22 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 48 g | Fiber: 2 g | Sodium: 1,100 mg

Vietnamese Lemongrass Chicken Fried Rice (Com Chiên Gà Sò)

Fragrant, citrusy, and herbaceous—this Vietnamese-style fried rice stars lemongrass-marinated chicken.

Time to prepare: 15 minutes (incl. marinating)

Time to cook: 10 minutes

Servings: 2

**Ingredients:**

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- 4 oz (120 g) chicken thigh, diced
- 1 stalk lemongrass (3 tbsp/30 g), tender part only, finely minced
- 1 small shallot (¼ cup/30 g), sliced
- 1 garlic clove, minced
- 1 red chili (1 tsp/10 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) turmeric powder
- 1 green onion (2 tbsp/15 g), sliced
- ¼ cup (10 g) cilantro, chopped
- Lime wedges, for serving

Instructions:

1. Toss chicken with lemongrass, 1 tbsp oil, fish sauce, soy sauce, sugar, and turmeric. Leave to marinate for 10 minutes.
2. Warm the remaining oil in a wok on high heat. Add shallot, garlic, and chili, stir-frying for 30 seconds.
3. Place the marinated chicken into the pan and cook for 3-4 minutes until nicely browned.
4. Toss in rice, breaking clumps apart, and stir-fry for 2 minutes until hot.
5. Garnish with green onions and cilantro. Accompany with lime wedges.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 24 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 46 g | Fiber: 1 g | Sodium: 1,200 mg

Singapore Noodles (Curry Vermicelli)

Aromatic rice noodles infused with curry spices, tossed with shrimp, seared pork, and crunchy vegetables.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 5 oz (140 g) thin rice vermicelli, soaked in warm water for 10 mins
- ¼ lb (115 g) pork loin, thinly sliced
- 6 medium shrimp (90 g), peeled and deveined
- 1 cup (70 g) shredded cabbage
- ½ red bell pepper (⅓ cup/60g), julienned
- 2 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) curry powder
- ½ tsp (2 g) turmeric
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- 1 green onion (2 tbsp/15 g), sliced

Instructions:

1. Drain soaked noodles and toss with 1 tsp oil to avoid sticking.
2. Get the oil hot in the wok by heating it on high. Pour in the oil, toss in garlic and pork, and stir-fry for about 2 minutes until golden brown.
3. Push pork aside, place shrimp in the pan, and cook for 1 minute on each side.
4. Add bell pepper and cabbage; stir-fry for 1 minute. Sprinkle curry powder and turmeric over everything.
5. Add noodles, soy sauce, and sesame oil. Give it a good toss for 2 minutes until all pieces are uniformly covered.
6. Decorate with green onions.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 26 g | Fat: 12 g | Saturated Fat: 2 g | Carbohydrates: 55 g | Fiber: 4 g | Sodium: 900 mg

Garlic Chili Oil Noodles (Suan La Fen)

A straightforward but fiery dish, these noodles are loaded with bold garlic and chili and have a deliciously chewy texture.

Time to prepare: 10 minutes

Time to cook: 5 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) fresh or dried wheat noodles (like lo mein or spaghetti)
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves (20 g), minced
- 1 tbsp (15 g) chili flakes (adjust to taste)
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tsp (5 ml) sesame oil
- 2 green onions (4 tbsp/30 g), thinly sliced
- 1 tbsp (8 g) toasted sesame seeds

Instructions:

1. Cook the noodles following the instructions on the packaging. Drain and immediately rinse with cold water to cool and stop the cooking.
2. Using a small bowl, combine soy sauce, black vinegar, sugar, and sesame oil. Set aside.
3. Warm vegetable oil in a wok on medium heat. Cook garlic and chili flakes briefly—around 30 seconds—until fragrant, keeping the heat low to prevent burning.
4. Take the wok off the heat, then immediately pour in the sauce mixture—it will sizzle.
5. Add noodles and toss vigorously for 1-2 minutes until fully coated.
6. Garnish with green onions and sesame seeds. Serve either hot or at room temperature.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 10 g | Fat: 22 g | Saturated Fat: 3 g | Carbohydrates: 38 g | Fiber: 3 g | Sodium: 800 mg

Charred Pad See Ew (Thai Stir-Fried Noodles)

Sweet-savory Thai street food with smoky, caramelized noodles and tender chicken.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) fresh wide rice noodles (or dried pad Thai noodles, soaked)
- ¼ lb (115 g) chicken breast, thinly sliced
- 1 cup (50 g) Chinese broccoli or kale, chopped
- 2 garlic cloves, minced
- 2 tbsp (30 ml) vegetable oil
- 1 large egg
- 1.5 tbsp (22 ml) dark soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) fish sauce

Instructions:

1. Separate rice noodles if stuck together. Using a bowl, mix all sauce ingredients.
2. Heat 1 tbsp oil in a wok over high heat. Add chicken and stir-fry for about 2 minutes until fully cooked through. Remove and set aside.
3. Add leftover oil to the pan, then garlic and Chinese broccoli. Stir-fry for 1 minute.
4. Push veggies to one side, crack the egg into the wok, and cook, stirring, until just set.
5. Add noodles and sauce. Toss for 2 minutes, letting noodles char slightly.
6. Put the chicken back in and stir-fry for one final minute. Serve promptly.

Nutritional Value (per serving):

Calories: 450 kcal | Protein: 25 g | Fat: 18 g | Saturated Fat: 3 g | Carbohydrates: 50 g | Fiber: 2 g | Sodium: 1,300 mg

Malaysian Mee Goreng (Spicy Fried Noodles)

Sweet, smoky, and umami-packed with a kick of sambal.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) fresh yellow noodles (or ramen)
- ¼ lb (115 g) shrimp, peeled and deveined
- ½ cup (50 g) bean sprouts
- ¼ cup (30 g) fried tofu, cubed
- 1 garlic clove, minced
- 1 tbsp (15 ml) vegetable oil
- 1 egg
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) kecap manis (sweet soy sauce)
- 1 tsp (5 ml) sambal oelek (or chili paste)
- ½ tsp (2 g) sugar
- 1 tsp (5 ml) lime juice
- 1 green onion (2 tbsp/15g), sliced
- 1 tbsp (8 g) crushed peanuts
- Lime wedges

Instructions:

1. Blanch the noodles in hot water for 1 minute and then drain immediately.
2. Mix sauce ingredients in a bowl.
3. Heat oil in a wok over high heat. Add garlic and shrimp, stir-frying for 1 minute.
4. Push shrimp aside, crack the egg into the wok, and scramble until set.
5. Add noodles, tofu, and sauce. Toss for 2 minutes.
6. Add bean sprouts and cook for 1 more minute.
7. Garnish with green onions, peanuts, and lime.

Nutritional Value (per serving):

Calories: 460 kcal | Protein: 24 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 58 g | Fiber: 4 g | Sodium: 1,200 mg

Hong Kong-Style Soy Sauce Pan-Fried Noodles

Crispy, caramelized noodles with a savory-sweet soy glaze—a Cantonese classic.

Time to prepare: 10 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) fresh thin egg noodles (or parboiled spaghetti)
- ¼ lb (115 g) char siu pork or chicken, julienned (substitute with tofu for veg)
- 1 cup (50 g) bean sprouts
- 2 green onions (4 tbsp/30 g), cut into 2-inch strips
- 3 tbsp (45 ml) vegetable oil (divided)
- 2 tbsp (30 ml) dark soy sauce
- 1 tbsp (15 ml) light soy sauce
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) sesame oil

Instructions:

1. Cook noodles until al dente, drain, and air-dry for 5 minutes (key for crispiness).
2. Mix sauce ingredients in a bowl.
3. Heat the wok with 2 tablespoons of oil over high heat. Flatten the noodles in an even layer and press them down with a spatula to crisp. Leave it to cook for 2 minutes without moving until one side crisps up. Flip and repeat. Remove noodles.
4. Add the remaining oil to the wok. Sauté pork with bean sprouts and green onions for 2 minutes, stirring constantly.
5. Place the noodles back in the wok, pour over the sauce, and toss well for 1 minute until glossy.

Nutritional Value (per serving):

Calories: 520 kcal | Protein: 24 g | Fat: 22 g | Saturated Fat: 4 g | Carbohydrates: 55 g | Fiber: 3 g | Sodium: 1,500 mg

Japanese Yaki Udon (Stir-Fried Udon Noodles)

Savory, smoky, and chewy with a hint of sweetness and umami.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 7 oz (200 g) fresh udon noodles
- ¼ lb (115 g) pork belly or chicken, thinly sliced
- ½ cup (35 g) cabbage, shredded
- 1 carrot (½ cup/60 g), julienned
- 2 green onions (4 tbsp/30 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (5 g) bonito flakes (optional)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) mirin
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) sesame oil

Instructions:

1. Blanch udon noodles in boiling water for 1 minute, then drain.
2. Mix all sauce ingredients in a bowl.
3. Heat oil in a wok over high heat. Toss in pork belly or chicken and stir-fry for 2 to 3 minutes until golden and caramelized.
4. Add cabbage and carrot, stir-frying for 1 minute.
5. Toss in noodles and sauce, stir-frying for 2 minutes until well-coated and slightly crispy.
6. Garnish with green onions and bonito flakes. Serve immediately.

Nutritional Value (per serving):

Calories: 450 kcal | Protein: 18 g | Fat: 22 g | Saturated Fat: 5 g | Carbohydrates: 45 g | Fiber: 4 g | Sodium: 1,300 mg

Korean Spicy Stir-Fried Noodles (Jjolbokki)

With its fiery heat, chewy texture, and a hint of sweetness, this noodle-packed jjolbokki is pure street-food comfort.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 66 oz (170 g) chewy wheat noodles (jjolmyeon or udon)
- ¼ lb (115 g) fish cakes, sliced (optional)
- ½ cup (75 g) cabbage, thinly sliced
- 1 green onion (2 tbsp/15 g), cut into 2-inch strips
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 g) gochujang (Korean chili paste)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) corn syrup or honey
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- 1 garlic clove, minced
- ½ tsp (2 g) toasted sesame seeds
- ¼ cup (60 ml) water

Instructions:

1. Cook noodles according to package instructions. Drain and rinse under cold water.
2. Mix the sauce ingredients thoroughly in a bowl until the texture is smooth.
3. Warm the oil in a wok on medium-high heat. Add cabbage and green onion, stir-frying for 1 minute.
4. Add fish cakes (if using) and noodles, then pour in the sauce. Toss for 2-3 minutes until sauce thickens and coats evenly.
5. Garnish with sesame seeds. Serve right away.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 12 g | Fat: 10 g | Saturated Fat: 1 g | Carbohydrates: 72 g | Fiber: 4 g | Sodium: 1,100 mg

Spicy Sichuan Dan Dan Noodles

A numbing, spicy, and nutty Sichuan classic with ground pork and springy noodles.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) fresh wheat noodles (or udon in a pinch)
- ¼ lb (115 g) ground pork
- 2 tbsp (30 g) preserved Sichuan mustard greens (zha cai), chopped (optional)
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 g) roasted peanuts, crushed
- 1 green onion (2 tbsp/15 g), thinly sliced
- 2 tbsp (30 ml) sesame paste (or peanut butter)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) chili oil (adjust to taste)
- 1 tsp (5 ml) black vinegar
- ½ tsp (2 g) Sichuan peppercorns, ground
- ½ tsp (2 g) sugar
- ¼ cup (60 ml) noodle cooking water

Instructions:

1. Boil noodles according to the package guidelines. Pour off the liquid, keeping ¼ cup (60 ml) of the cooking water aside. Rinse noodles under cold water to avoid sticking.
2. Using a bowl, mix all sauce components with the reserved noodle water until smooth.
3. Warm the oil in a wok on high heat. Toss the garlic, ginger, and Sichuan greens (if using) into the pan and fry for 30 seconds.
4. Add ground pork, breaking it up. Cook for 3-4 minutes until crispy.
5. Lower down the heat, pour in the sauce, and toss with noodles until fully coated (1-2 minutes).
6. Garnish with peanuts and green onions. Serve right away.

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 22 g | Fat: 28 g | Saturated Fat: 6 g | Carbohydrates: 38 g | Fiber: 3 g | Sodium: 1,100 mg

Vietnamese Lemongrass Chicken Noodles (Mi Xao Gung)

Fragrant, citrusy, and slightly sweet with charred noodles and tender chicken.

Time to prepare: 15 minutes (incl. marinating)

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) thin egg noodles (or rice vermicelli)
- ¼ lb (115 g) chicken thigh, thinly sliced
- 1 stalk lemongrass (3 tbsp/30 g), finely minced (white part only)
- 2 garlic cloves, minced
- 1 shallot (½ cup/40 g), sliced
- 1 red chili (1 tsp/10 g), thinly sliced (optional)
- 2 tbsp (30 ml) vegetable oil
- 1 cup (50 g) bean sprouts
- 2 green onions (4 tbsp/30 g), cut into 2-inch strips
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) lime juice
- ½ tsp (2 g) turmeric
- Lime wedges
- Fresh cilantro

Instructions:

1. Marinate chicken with all marinade ingredients for 10 minutes.
2. Cook noodles according to package instructions. Drain and rinse under cold water.
3. Heat oil in a wok over high heat. Toss in the lemongrass, garlic, shallot, chili, and stir-fry for 30 seconds until aromatic.
4. Add marinated chicken and stir-fry for 3-4 minutes until cooked through.
5. Toss in noodles and bean sprouts, stir-frying for 2 minutes until slightly charred.
6. Add green onions and remove from the heat. Garnish with cilantro and lime.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 22 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 42 g | Fiber: 3 g | Sodium: 1,100 mg

Thai Drunken Noodles (Pad Kee Mao) – Spicy Basil Twist

Bold, fiery, and herbaceous—with a kick of Thai chilies and a hint of smoky wok hei.

Time to prepare: 12 minutes

Time to cook: 8 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) fresh wide rice noodles (or dried, soaked)
- ¼ lb (115 g) chicken thigh, thinly sliced (or tofu for veg)
- 1 red bell pepper (½ cup/60 g), julienned
- ½ cup (50 g) green beans, halved
- 3 garlic cloves, minced
- 2 Thai chilies (10 g), thinly sliced (adjust to heat preference)
- 1 cup (20 g) Thai holy basil (or regular basil)
- 2 tbsp (30 ml) vegetable oil
- 1.5 tbsp (22 ml) oyster sauce
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fish sauce (or soy sauce for veg)
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) dark soy sauce (for color)
- 1 tbsp (15 ml) water
- 1 tbsp (15 ml) whiskey or Shaoxing wine (added at the end for depth—optional but iconic)

Instructions:

1. Soak dried noodles (if using) in warm water for 10 mins. Drain and set aside.
2. Mix all sauce ingredients in a bowl.
3. Get the oil hot in the wok by heating it on high. Add garlic and chilies, stir-frying for 15 seconds until fragrant.
4. Place the chicken in the pan and cook for 2 minutes, until no pink remains. Push to one side.
5. Toss in bell pepper and green beans, stir-frying for 1 minute.
6. Toss in noodles and sauce. Stir-fry for 2 minutes, letting noodles char slightly.
7. Remove from heat, add basil and whiskey (if using), and toss until wilted.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 23 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 48 g | Fiber: 3 g | Sodium: 1,400 mg

Indonesian Mie Goreng (Street-Style Fried Noodles)

Sweet, smoky, and loaded with crispy shallots—the ultimate street food fix.

Time to prepare: 10 minutes

Time to cook: 8 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) fresh yellow wheat noodles (or instant ramen)
- ¼ lb (115 g) chicken breast, thinly sliced
- 6 medium shrimp (90 g), peeled
- 1 cup (50 g) cabbage, shredded
- 1 carrot (½ cup/60 g), julienned
- 2 garlic cloves, minced
- 1 shallot (⅓ cup/40 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 1 egg
- 2 tbsp (30 ml) kecap manis (sweet soy sauce)
- 1 tbsp (15 ml) regular soy sauce
- 1 tsp (5 ml) sambal oelek
- ½ tsp (2 g) sugar
- ½ tsp (2 g) ground coriander
- Fried shallots
- Lime wedges
- Fresh cilantro

Instructions:

1. Blanch noodles in boiling water for 1 minute, drain, and toss with 1 tsp oil to prevent sticking.
2. Mix sauce ingredients in a bowl.
3. Get the oil hot in the wok by heating it on high. Add garlic and shallot, stir-frying for 30 seconds until fragrant.
4. Add chicken and shrimp, stir-frying for 2 minutes until cooked. Push to one side.
5. Crack an egg into the wok, scramble until set, then mix with the protein.
6. Add noodles, veggies, and sauce. Toss for 2 minutes until charred in spots.
7. Garnish with fried shallots, cilantro, and lime.

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 28 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 58 g | Fiber: 4 g | Sodium: 1,400 mg

Sichuan Cold Noodles (Liang Mian) – Sesame-Peanut Twist

Numbing, nutty, and refreshing—perfect for hot days with a creamy sesame-peanut sauce.

Time to prepare: 15 minutes

Time to cook: 5 minutes

Servings: 2



Ingredients:

- 6 oz (170 g) thin wheat noodles (or soba)
- ½ cucumber (1 cup/100 g), julienned
- ¼ cup (35g) roasted peanuts, crushed
- 1 green onion (2 tbsp/15 g), thinly sliced
- 1 tsp (5 g) Sichuan peppercorns, lightly toasted and ground
- 2 tbsp (30 g) peanut butter
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tbsp (15 ml) chili oil
- 1 tsp (5 g) sugar
- 1 garlic clove, minced
- 1 tsp (5 ml) sesame oil
- 2 tbsp (30 ml) hot noodle water
- 1 tbsp (15 g) tahini (blended with peanut butter for extra creaminess)

Instructions:

1. Prepare the noodles until al dente, drain and rinse with cold water, then mix with 1 tsp of oil to keep them separate.
2. Whisk the sauce ingredients thoroughly in a bowl until the mixture is smooth.
3. Divide noodles between bowls. Top with cucumber, peanuts, and green onion.
4. Drizzle sauce over noodles, then sprinkle ground Sichuan peppercorns.
5. Serve cold; mix well before eating.

Nutritional Value (per serving):

Calories: 450 kcal | Protein: 15 g | Fat: 22 g | Saturated Fat: 3 g | Carbohydrates: 50 g | Fiber: 5 g | Sodium: 900 mg

Simplified Clay Pot Rice (Wok Version)

A comforting one-pot dish with crispy-bottomed rice and savory toppings.

Time to prepare: 15 minutes

Time to cook: 25 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 480 kcal | Protein: 22 g | Fat: 18 g | Saturated Fat: 5 g | Carbohydrates: 55 g | Fiber: 1 g | Sodium: 1,000 mg

Ingredients:

- 5¾ cup (150 g) jasmine rice, rinsed
- 1 cup (240 ml) chicken stock (or water)
- 2 Chinese sausages (lap cheong, ⅓ cup/60 g total), thinly sliced
- 4 oz (115 g) boneless chicken thigh, diced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) sugar
- 2 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 2 green onions (4 tbsp/30 g), sliced
- 1-inch (2.5 cm) ginger, julienned

Instructions:

1. Combine soy sauce, dark soy sauce, sesame oil, and sugar, then marinate the chicken for 10 minutes.
2. Get the oil hot in the wok by heating it on medium. Sauté the garlic and ginger for half a minute until their fragrance is released.
3. Toss in marinated chicken and Chinese sausage and cook, stirring for 3-4 minutes until the chicken turns golden. Remove and set aside.
4. Using the same wok, add the rinsed rice and chicken stock. Heat until boiling, then lower down the heat, cover, and cook gently for 12 minutes.
5. Scatter chicken and sausage over the rice. Cover and cook for another 5 minutes until the liquid is absorbed and the rice forms a crispy crust at the bottom.
6. Garnish with green onions and serve hot.

Wok Char Siu Fried Rice

A straightforward but fiery dish, these noodles are loaded with bold garlic and chili and have a deliciously chewy texture.

Time to prepare: 10 minutes

Time to cook: 5 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 10 g | Fat: 22 g | Saturated Fat: 3 g | Carbohydrates: 38 g | Fiber: 3 g | Sodium: 800 mg

Ingredients:

- 1½ cups (300 g) cooked jasmine rice (day-old preferred)
- 4 oz (120 g) char siu (Chinese BBQ pork), diced
- 2 large eggs, beaten
- 2 garlic cloves, minced
- ¼ cup (40 g) frozen peas and carrots, thawed
- 2 green onions (4 tbsp/30 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- ½ tsp (2 g) sugar
- 1 tsp (5 ml) sesame oil

Instructions:

1. Whisk soy sauce, oyster sauce, sugar, and sesame oil in a small bowl until well blended. Set aside.
2. Heat 15 ml (1 tbsp) of oil in a wok on medium-high flame. Scramble eggs until just set, then remove and set aside.
3. Add the remaining oil to the wok. Sauté garlic for 10 seconds, then add char siu and peas/carrots. Stir-fry for 1 minute.
4. Add rice, breaking up clumps. Sauté for 2 minutes until the grains are distinct.
5. Pour in the sauce and mix well. Toss the eggs back into the wok, stirring to incorporate.
6. Fold in green onions and serve immediately.

Wok Hainanese Chicken Rice

Sweet-savory Thai street food with smoky, caramelized noodles and tender chicken.

Time to prepare: 15 minutes

Time to cook: 30 minutes

Servings: 2



Ingredients:

- ¾ cup (150 g) jasmine rice, rinsed
 - 1 cup (240 ml) chicken broth (from poaching)
 - 1 boneless chicken breast (7 oz/200 g)
 - 2 garlic cloves, minced
 - 1-inch (2.5 cm) ginger, grated
 - 1 tbsp (15 ml) vegetable oil
 - 1 tsp (5 g) salt
 - 1 pandan leaf (optional, tied into a knot)
 - 1 tbsp (15 ml) sesame oil
 - 1 cucumber (100 g), sliced (for serving)
- Sauce:
- 1 tbsp (15 ml) soy sauce
 - 1 tbsp (15 ml) ginger-scallion oil (mix 1 tbsp minced ginger + 1 tbsp oil)
 - 1 tsp (5 ml) chili sauce (optional)

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 12 g | Saturated Fat: 2 g | Carbohydrates: 50 g | Fiber: 1 g | Sodium: 900 mg

Instructions:

1. Poach chicken breast in simmering water for 12-15 minutes until cooked. Reserve broth.
2. Get the oil hot in the wok by heating it on medium. Sauté garlic and ginger for 30 seconds. Add rice, stirring to coat.
3. Pour in 240 ml (1 cup) of the reserved broth, then add the pandan leaf and salt. Boil, decrease the heat to low, cover, and cook for 15 minutes.
4. Shred poached chicken and drizzle with sesame oil.
5. Lightly fluff the rice, take out the pandan leaf, and serve with chicken, cucumber, and sauce.

Wok Tomato Egg Fried Rice

A comforting, slightly tangy stir-fried rice with silky scrambled eggs.

Time to prepare: 5 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 1½ cups (300 g) cooked jasmine rice
- 2 large eggs, beaten
- 1 medium tomato (1 cup/150 g), diced
- 2 garlic cloves, minced
- 1 green onion (1½ tbsp/10 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) ketchup
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper

Instructions:

1. Heat 15 ml (1 tbsp) of oil in a wok on medium-high flame. Scramble eggs until softly set, then remove and set aside.
2. Add the remaining oil to the wok. Sauté garlic for 10 seconds, then add tomatoes. Cook for 2 minutes until softened.
3. Stir in ketchup, soy sauce, sugar, and pepper. Cook for 1 minute until saucy.
4. Add rice, breaking up clumps. Stir-fry for 2 minutes until heated through.
5. Fold the eggs back into the wok mixture, combining gently. Garnish with green onions.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 12 g | Fat: 16 g | Saturated Fat: 3 g | Carbohydrates: 46 g | Fiber: 2 g | Sodium: 400 mg

Wok Ginger Scallion Rice with Crispy Tofu

Fragrant, savory rice infused with ginger and scallions, topped with golden crispy tofu

Time to prepare: 10 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 1½ cups (300 g) cooked jasmine rice (day-old preferred)
- 7 oz (200 g) firm tofu, pressed and cubed
- 3 tbsp (45 ml) vegetable oil, divided
- 1½-inch (4 cm) ginger, finely julienned
- 3 green onions (30 g), thinly sliced (white and green parts separated)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper

Instructions:

1. Whisk soy sauce, oyster sauce, sesame oil, sugar, and white pepper in a small bowl until blended. Set aside.
2. Heat 2 tbsp (30 ml) oil in a wok over medium-high heat. Pan-fry tofu cubes for 3-4 minutes until golden and crispy on all sides. Remove and set aside.
3. Pour the leftover 1 tbsp (15 ml) oil into the same wok. Sauté ginger and white parts of scallions for 1 minute until fragrant.
4. Add rice, breaking up clumps. Stir-fry for 2 minutes until grains are hot and slightly toasted.
5. Pour the sauce in and mix thoroughly to coat all ingredients evenly. Fold in crispy tofu and green parts of scallions. Serve immediately.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 14 g | Fat: 22 g | Saturated Fat: 3 g | Carbohydrates: 45 g | Fiber: 2 g | Sodium: 800 mg

Soups & Braises



Soy-Braised Shiitake Mushrooms

Rich, umami-laden mushrooms simmered in a sweet and savory soy-based glaze—ideal as a side dish or meatless main.

Time to prepare: 15 minutes (plus 30 minutes for soaking)

Time to cook: 25 minutes

Servings: 2



Ingredients:

- 10 dried shiitake mushrooms (3 oz/30 g), soaked in hot water for 30 mins
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) sugar
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 1 tbsp (15 ml) Shaoxing wine
- 1 cup (240 ml) mushroom soaking liquid (strained)
- 1 garlic clove, minced
- ½-inch (1 cm) ginger, julienned
- ½ tsp (2 ml) sesame oil

Instructions:

1. Drain mushrooms, reserving liquid. Trim stems if tough.
2. Heat oil in a wok over medium heat. Add garlic and ginger, stir-frying for 20 seconds.
3. Add mushrooms, stirring to coat. Cook for 2 minutes until edges crisp slightly.
4. Pour in soy sauces, Shaoxing wine, sugar, and mushroom liquid. Bring to a boil.
5. Turn down the heat, cover the pot, and cook gently for 20 minutes until the mushrooms soften.
6. Remove the lid and raise the heat to reduce the sauce until it becomes a glaze, about 3 minutes.
7. Drizzle with sesame oil and serve warm.

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 4 g | Fat: 5 g | Saturated Fat: 0.5 g | Carbohydrates: 14 g | Fiber: 3 g | Sodium: 1,200 mg

Wok-Fried Pho-Inspired Beef Noodle Soup

A quick, aromatic broth with tender beef and silky noodles—inspired by Vietnamese pho but made in a wok.

Time to prepare: 10 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 4 cups (950 ml) beef broth
- 4 oz (115 g) rice noodles (banh pho), soaked in hot water for 10 mins
- ½ lb (225 g) flank steak, thinly sliced against the grain
- 1 star anise
- 1 cinnamon stick (2-inch/5 cm)
- 2 cloves garlic, smashed
- 1-inch (2.5 cm) ginger, sliced
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) hoisin sauce
- 1 cup (50 g) bean sprouts
- ¼ cup (10 g) Thai basil or cilantro
- 1 lime, cut into wedges
- 1 small red chili (1 tsp/10 g), sliced (optional)

Instructions:

1. In the wok, dry-toast star anise, cinnamon, garlic, and ginger over medium heat for 1 minute until fragrant.
2. Add beef broth, fish sauce, sugar, and hoisin. Simmer for 8 minutes. Strain out spices.
3. Return broth to the wok. Bring to a boil, then add beef slices and cook for 1-2 minutes until just done.
4. Divide the soaked noodles between bowls. Ladle hot broth and beef over them.
5. Finish by scattering bean sprouts, herbs, chili, and lime wedges on top. Serve immediately.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 28 g | Fat: 10 g | Saturated Fat: 3 g | Carbohydrates: 45 g | Fiber: 2 g | Sodium: 1,500 mg

Hot & Sour Soup

Tangy, spicy, and loaded with textures—this classic Chinese soup is both comforting and invigorating.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 4 cups (950 ml) chicken or vegetable stock
- 3 oz (85 g) firm tofu, cut into thin strips
- 2 tbsp (30 ml) soy sauce
- 2 tbsp (30 ml) rice vinegar
- 1 tbsp (15 ml) chili-garlic sauce (or 1 tsp (½ tsp/0.5 g) chili flakes)
- 1 tsp (5 g) sugar
- ½ tsp (2 g) white pepper
- 1 large egg, lightly beaten
- 2 tbsp (15 g) cornstarch mixed with 3 tbsp (45 ml) water
- 2 oz (60 g) shiitake mushrooms, thinly sliced
- 1 oz (30 g) bamboo shoots, julienned
- 1 green onion (2 tbsp/15 g), thinly sliced
- 1 tsp (5 ml) sesame oil

Instructions:

1. Using a bowl, mix soy sauce, rice vinegar, chili-garlic sauce, sugar, and white pepper. Set aside.
2. Heat the stock in a wok over medium-high heat. Add mushrooms and bamboo shoots, simmering for 3 minutes.
3. Stir in the sauce mixture and tofu. Bring to a gentle boil.
4. Gradually stir in the cornstarch mixture and continue cooking until the soup thickens, approximately 1 minute.
5. Reduce heat to low. Pour the beaten egg gradually in a thin stream, pause for 10 seconds to let it firm up, then stir softly.
6. Remove from the stove, garnish with sliced green onions, and finish with a drizzle of sesame oil.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 12 g | Fat: 8 g | Saturated Fat: 1.5 g | Carbohydrates: 25 g | Fiber: 3 g | Sodium: 1,800 mg

Sichuan Wonton Soup with Chili Oil

Vibrant, intense, and flavorful—this soup showcases delicate wontons in a spicy, fragrant broth.

Time to prepare: 20 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 12 store-bought or homemade wontons (about 6 oz/170 g)
- 4 cups (950 ml) chicken or pork stock
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) black vinegar
- 1 tsp (5 g) sugar
- ½ tsp (2 g) ground Sichuan pepper
- 1 tbsp (15 ml) chili oil (adjust to taste)
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, julienned
- 2 green onions (4 tbsp/30 g), sliced
- ½ cup (50 g) baby bok choy, chopped

Instructions:

1. Whisk soy sauce, black vinegar, sugar, Sichuan pepper, and chili oil in a bowl until blended. Set aside.
2. Heat the stock in a wok over medium-high heat. Add garlic, ginger, and bok choy. Simmer for 3 minutes.
3. Gently drop wontons into the broth. Cook for about 3-4 minutes until they rise to the surface.
4. Incorporate the sauce mixture and simmer for one minute.
5. Divide the dish among bowls, sprinkle with green onions, and drizzle extra chili oil as desired.

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 18 g | Fat: 12 g | Saturated Fat: 2 g | Carbohydrates: 28 g | Fiber: 2 g | Sodium: 1,600 mg

Red-Braised Pork Belly (Hong Shao Rou)

Rich, caramelized, and melt-in-your-mouth tender—this classic Chinese dish is a masterclass in braising.

Time to prepare: 15 minutes

Time to cook: 1 hour 30 minutes

Servings: 2



Ingredients:

- $\frac{3}{4}$ lb (340 g) pork belly, cut into 1-inch (2.5 cm) cubes
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 g) rock sugar (or granulated sugar)
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 2 tbsp (30 ml) Shaoxing wine
- 2 cups (480 ml) hot water
- 3 garlic cloves, smashed
- 1-inch (2.5 cm) ginger, sliced
- 1 star anise
- 1 green onion, cut into 2-inch (5 cm) segments

Instructions:

1. Blanch pork belly in boiling water for 2 minutes, then drain and pat dry.
2. Heat oil in a wok over medium heat. Add sugar and stir until melted and amber-colored.
3. Add pork belly, stirring to coat in caramel. Cook for 2-3 minutes until lightly browned.
4. Add garlic, ginger, and star anise, stir-frying for 30 seconds until fragrant.
5. Pour in soy sauces, Shaoxing wine, and hot water. Heat until it boils, then turn down the heat to a simmer.
6. Place a lid on and cook over low heat for an hour, stirring from time to time, until the pork softens.
7. Take off the lid and increase the heat to simmer the sauce until it thickens and turns glossy, about 10 minutes.
8. Sprinkle with green onions and serve atop rice.

Nutritional Value (per serving):

Calories: 580 kcal | Protein: 18 g | Fat: 48 g | Saturated Fat: 16 g | Carbohydrates: 12 g | Fiber: 0 g | Sodium: 1,500 mg

Spicy Coconut Lemongrass Shrimp Soup

Fragrant, creamy, and bright—this Thai-inspired soup balances heat, citrus, and rich coconut milk.

Time to prepare: 15 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 1 tbsp (15 ml) vegetable oil
- 1 stalk lemongrass (3 tbsp/30 g), bruised and cut into 2-inch (5 cm) pieces
- 1-inch (2.5 cm) ginger, thinly sliced
- 1 small shallot ($\frac{1}{4}$ cup/40 g), minced
- 1 red chili (1 tsp/10 g), sliced (or $\frac{1}{2}$ tsp/0.5 g) chili flakes
- 1 tsp (5 g) sugar
- 2 cups (475 ml) chicken or vegetable stock
- 1 cup (240 ml) coconut milk
- $\frac{1}{2}$ lb (225 g) shrimp, peeled and deveined
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) lime juice
- $\frac{1}{2}$ cup (25 g) cilantro, chopped
- 4 kaffir lime leaves (optional, torn)

Instructions:

1. Place oil in the wok and heat over medium flame. Add lemongrass, ginger, shallot, and chili. Stir-fry for 2 minutes until fragrant.
2. Pour in stock and coconut milk. Bring to a low simmer and let it cook for 5 minutes to develop rich flavors.
3. Add shrimp, fish sauce, and sugar. Let the shrimp simmer for 2-3 minutes until they become pink and opaque.
4. Take off the heat. Remove the lemongrass stalks and kaffir lime leaves, if they were added. Stir in lime juice.
5. Garnish with cilantro and serve immediately.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 25 g | Fat: 20 g | Saturated Fat: 15 g | Carbohydrates: 10 g | Fiber: 1 g | Sodium: 1,400 mg

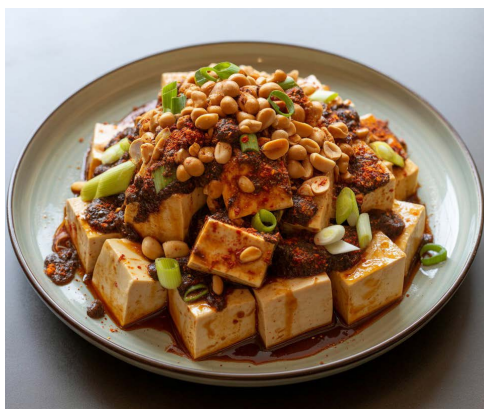
Braised Tofu with Peanuts (Kong Bao Tofu)

Crispy tofu braised in a tangy, slightly sweet sauce with crunchy peanuts—a vegetarian twist on a classic.

Time to prepare: 15 minutes

Time to cook: 20 minutes

Servings: 2

**Ingredients:**

- 1 block (14 oz/400 g) firm tofu, pressed and cubed
- 3 tbsp (45 ml) vegetable oil
- ¼ cup (35 g) roasted peanuts
- 1 dried red chili, deseeded (½ tbsp/2.5 g), halved (or ¼ tsp/0.25 g) chili flakes)
- 1 garlic clove, minced
- ½-inch (1 cm) ginger, minced
- 2 green onions (¼ cup/20 g), sliced (white and green parts separated)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tbsp (15 g) sugar
- ½ cup (120 ml) vegetable stock
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water

Instructions:

1. Heat oil in a wok over medium-high. Fry tofu until golden on all sides (5 minutes). Drain on paper towels.
2. Drain excess oil, leaving 1 tbsp (15 ml). Incorporate chili, garlic, ginger, and the white sections of green onions. Stir-fry for 30 seconds.
3. Add soy sauce, vinegar, sugar, and stock. Bring to a boil.
4. Return the tofu to the wok, coating it in the sauce. Simmer for 5 minutes.
5. Stir in cornstarch slurry and peanuts, cooking until sauce thickens (1 minute).
6. Garnish with green onion tops. Serve with rice.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 18 g | Fat: 28 g | Saturated Fat: 4 g | Carbohydrates: 16 g | Fiber: 3 g | Sodium: 1,100 mg

Tea-Smoked Duck Braised in Soy

Earthy, aromatic, and deeply flavorful—this dish infuses duck with a smoky tea fragrance and a rich soy glaze.

Time to prepare: 20 minutes (plus 1 hour marinating)

Time to cook: 50 minutes

Servings: 2



Ingredients:

- 2 duck legs (about 1 lb/450 g total)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 1 tbsp (15 ml) Shaoxing wine
- 1 tbsp (15 g) brown sugar
- 1 tsp (5 g) five-spice powder
- 2 garlic cloves, crushed
- 1-inch (2.5 cm) ginger, sliced
- 2 green onions (4 tbsp/30 g), cut into strips
- 1 tbsp (15 g) black tea leaves (or 2 tea bags)
- 1 tbsp (15 g) rice (uncooked)
- 1 tbsp (15 g) brown sugar (for smoking)

Instructions:

1. Coat the duck legs with a mixture of soy sauces, Shaoxing wine, brown sugar, and five-spice powder. Marinate for 1 hour.
2. Place the duck skin-side down in a cold wok. Turn the heat to medium and render the fat for 5 minutes until golden. Flip and sear for 2 minutes. Remove the duck.
3. Drain excess fat, leaving 1 tbsp (15 ml) in a wok. Toss in the garlic, ginger, green onions, and stir-fry for 1 minute.
4. Place the duck back into the wok. Combine 1 cup (240 ml) of water, cover the pot, and let it simmer on low heat for 30 minutes.
5. Raise the duck. Line the wok with foil. Incorporate tea leaves, rice, and one tablespoon of sugar. Position the duck on a rack above the smoking mixture.
6. Cover tightly, turn the heat to high, and smoke for 10 minutes. Turn off the heat; let it rest for 5 minutes before slicing.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g |
Fat: 30 g | Saturated Fat: 10 g |
Carbohydrates: 8 g | Fiber: 0 g |
Sodium: 1,400 mg

Miso-Ginger Chicken Udon Soup

This Japanese-inspired soup is rich and umami-packed, featuring chewy udon noodles immersed in a deeply flavorful broth that is truly soothing.

Time to prepare: 10 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 4 cups (950 ml) dashi stock (or substitute with chicken stock + 1 tsp kombu powder)
- 2 tbsp (30 g) white or yellow miso paste
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) mirin
- 1 tsp (5 g) grated ginger
- 1 clove garlic, minced
- ½ lb (225 g) boneless chicken thigh, thinly sliced
- 6 oz (170 g) fresh or frozen udon noodles
- 1 cup (70 g) shiitake mushrooms, sliced
- 2 cups (60 g) baby spinach
- 1 green onion (2 tbsp/15 g), thinly sliced
- 1 tsp (5 ml) sesame oil
- ½ soft-boiled egg per serving, nori strips, chili flakes (for garnish)

Instructions:

1. In a small bowl, whisk miso paste with ¼ cup (60 ml) warm stock until smooth. Set aside.
2. Heat a wok over medium heat. Add sesame oil, ginger, and garlic. Stir-fry for 30 seconds until fragrant.
3. Pour in the remaining stock, soy sauce, and mirin. Heat until it reaches a gentle simmer, avoiding a boil.
4. Add chicken and shiitake mushrooms. Cook on a gentle simmer for 5 minutes until the chicken is done.
5. Stir in udon noodles and spinach. Cook for 2 to 3 minutes until the noodles become tender.
6. Reduce heat to low. Incorporate diluted miso paste gently, ensuring the mixture does not boil to keep the flavor intact.
7. Ladle into bowls. Top with green onion, nori, soft-boiled egg, or chili flakes, if desired.

Nutritional Value (per serving):

Calories: 470 kcal | Protein: 32 g | Fat: 15 g | Saturated Fat: 3.5 g | Carbohydrates: 50 g | Fiber: 4 g | Sodium: 1,700 mg

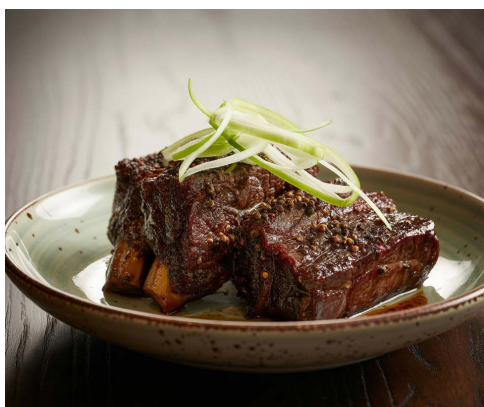
Black Pepper Braised Short Ribs

Tender, fall-off-the-bone short ribs coated in a bold black pepper and soy glaze—intensely savory with a spicy kick.

Time to prepare: 15 minutes

Time to cook: 2 hours 30 minutes

Servings: 2

**Ingredients:**

- 1 lb (450 g) beef short ribs, cut into 2-inch (5 cm) pieces
- 1 tbsp (15 ml) vegetable oil
- 4 garlic cloves, smashed
- 1-inch (2.5 cm) ginger, sliced
- 2 tbsp (30 g) crushed black peppercorns
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 2 tbsp (30 ml) Shaoxing wine
- 1 tbsp (15 g) brown sugar
- 2 cups (480 ml) beef stock
- 2 green onions (4 tbsp/30 g), cut into 2-inch (5 cm) strips
- 1 tsp (5 ml) sesame oil

Instructions:

1. Blanch short ribs in boiling water for 3 minutes. Drain and pat dry.
2. Heat oil in a wok over medium-high. Brown the ribs on all sides over high heat for about 5 minutes. Remove and set aside.
3. Using the same wok, add garlic, ginger, and black peppercorns. Stir-fry for 1 minute until fragrant.
4. Return ribs to the wok. Stir in soy sauces, Shaoxing wine, sugar, and the stock. Bring to a boil.
5. Set the heat to low, cover, and simmer for 2 hours, stirring constantly, until the meat is tender.
6. Take off the cover and increase the heat, simmering the sauce for 10 minutes until it thickens into a glaze.
7. Stir in green onions and sesame oil. Serve with steamed rice.

Nutritional Value (per serving):

Calories: 520 kcal | Protein: 32 g | Fat: 36 g | Saturated Fat: 14 g | Carbohydrates: 12 g | Fiber: 1 g | Sodium: 1,800 mg

Deep-Fried & Crispy



Crispy Orange Tofu

Sweet, tangy, and perfectly crispy—this vegan-friendly dish rivals any takeout.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 12 g | Fat: 24 g | Saturated Fat: 3 g | Carbohydrates: 32 g | Fiber: 2 g | Sodium: 1,100 mg

Ingredients:

- ½ lb (225 g) extra-firm tofu, pressed and cubed
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 tbsp (15 ml) sesame oil
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- ½ cup (120 ml) fresh orange juice
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- ½ tsp (0.5 g) red chili flakes
- 1 green onion (1½ tbsp/10 g), sliced (for garnish)
- 1 tsp (3 g) orange zest

Instructions:

1. Toss tofu cubes in cornstarch until evenly coated. Shake off excess.
2. Heat vegetable oil in a wok over medium-high heat. Fry each side of the tofu for 3-4 minutes until evenly golden and crisp. Remove and drain on paper towels.
3. In the same wok, add sesame oil. Gently fry garlic and ginger for 30 seconds until their aroma develops.
4. Stir in orange juice along with soy sauce, vinegar, brown sugar, and chili flakes. Simmer for 2-3 minutes until slightly thickened.
5. Place the tofu back in the wok and mix well to coat with the sauce. Cook for 1 minute.
6. Garnish with green onion and orange zest. Serve immediately over rice.

Salt & Pepper Shrimp

Quick, spicy, and loaded with crispy texture—this Cantonese classic is irresistible.

Time to prepare: 10 minutes

Time to cook: 8 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 290 kcal | Protein: 24 g | Fat: 14 g | Saturated Fat: 1 g | Carbohydrates: 16 g | Fiber: 1 g | Sodium: 1,300 mg

Ingredients:

- ½ lb (225 g) large shrimp, peeled and deveined (tails on)
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 tsp (5 g) Sichuan peppercorns, lightly crushed
- 1 small red chili (1 tsp/10 g), thinly sliced
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- ½ tsp (3 g) sea salt
- ½ tsp (2 g) sugar
- 1 green onion (1½ tbsp/10 g), sliced
- Lime wedges (for serving)

Instructions:

1. Pat shrimp dry and toss in cornstarch until lightly coated.
2. Heat oil in a wok over high heat. Sauté the shrimp for 1-2 minutes on both sides until they become crispy. Remove and set aside.
3. Drain excess oil, leaving 1 tbsp (15 ml) in the wok. Sauté Sichuan peppercorns, chili, garlic, and ginger for 30 seconds.
4. Return shrimp to the wok. Sprinkle with salt and sugar, tossing to combine. Stir-fry for 1 minute.
5. Decorate with green onion and serve with lime wedges.

Crispy Honey Garlic Pork

Sticky-sweet with a caramelized crunch—this pork stir-fry is addictive.

Time to prepare: 15 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) pork shoulder or loin, thinly sliced
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves, minced
- 1 tbsp (15 g) ginger, grated
- 3 tbsp (45 ml) honey
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (0.5 g) red chili flakes
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) toasted sesame seeds
- 2 green onions (¼ cup/20 g), sliced

Instructions:

1. Toss pork slices in cornstarch until evenly coated.
2. Get the oil hot in the wok by heating it on high. Fry pork in batches for 2-3 minutes per side until crispy. Drain on paper towels.
3. Drain excess oil, leaving 1 tbsp (15 ml) in the wok. Stir-fry garlic and ginger for half a minute until their aroma is released.
4. Add honey, soy sauce, rice vinegar, and chili flakes. Simmer for 1-2 minutes until thickened.
5. Return pork to the wok, tossing to coat. Drizzle with sesame oil and toss again.
6. Garnish with sesame seeds and green onions. Serve over steamed rice.

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 26 g | Fat: 18 g | Saturated Fat: 4 g | Carbohydrates: 38 g | Fiber: 1 g | Sodium: 1,100 mg

Spicy Crispy Eggplant with Ground Chicken

Silky eggplant meets crispy chicken and a fiery glaze—vegetable-forward but protein-packed.

Time to prepare: 10 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 1 medium eggplant (2½ cups/300 g), cubed
- ¼ lb (115 g) ground chicken
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 2 tbsp (30 ml) chili garlic sauce
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- ½ cup (120 ml) water
- 1 green onion (1½ tbsp/10 g), sliced
- 1 tsp (5 ml) sesame oil

Instructions:

1. Toss eggplant cubes in cornstarch until lightly coated.
2. Heat 2 tbsp (30 ml) oil in a wok over medium-high heat. Fry eggplant for 3-4 minutes until golden. Remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the wok. Sauté garlic and ginger for 30 seconds, then add ground chicken. Cook for 3 minutes, breaking it apart.
4. Stir in chili garlic sauce, soy sauce, rice vinegar, brown sugar, and water. Simmer for 2 minutes.
5. Return eggplant to the wok, tossing to coat. Cook for 1-2 minutes until the sauce thickens.
6. Finish by drizzling sesame oil, decorating with green onion, and serving.

Nutritional Value (per serving):

Calories: 350 kcal | Protein: 18 g | Fat: 20 g | Saturated Fat: 3 g | Carbohydrates: 28 g | Fiber: 6 g | Sodium: 900 mg

Crispy Lemongrass Chicken

Fragrant, citrusy, and golden-crisp—this Vietnamese-inspired dish is a weeknight hero.

Time to prepare: 15 minutes (incl. marinating)

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken thighs, cut into strips
- 2 tbsp (30 ml) fish sauce
- 1 tbsp (15 g) brown sugar
- 1 stalk lemongrass (3 tbsp/30 g), finely minced (or 1 tbsp paste)
- 2 garlic cloves, minced
- 1 shallot (⅓ cup/40 g), sliced
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 red chili (1 tsp/10 g), sliced (optional)
- ½ cup (15 g) fresh cilantro, chopped
- Lime wedges (for serving)

Instructions:

1. Let the chicken soak in a mixture of fish sauce, brown sugar, lemongrass, and garlic for 10 minutes.
2. Drain excess marinade, then toss the chicken in cornstarch.
3. Heat oil in a wok over high heat. Fry chicken for 3-4 minutes until crispy. Remove and set aside.
4. In the same wok, sauté shallots and chili for 1 minute until fragrant.
5. Return chicken to the wok, tossing to combine. Cook for 1 more minute.
6. Garnish using fresh cilantro and accompany with lime wedges.

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 28 g | Fat: 20 g | Saturated Fat: 4 g | Carbohydrates: 20 g | Fiber: 1 g | Sodium: 1,400 mg

Sichuan Crispy Tofu with Minced Pork

Featuring crispy tofu and flavorful pork, this dish delivers a spicy, numbing, and textured experience.

Time to prepare: 10 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) firm tofu, cubed
- ¼ lb (115 g) ground pork
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 tbsp (15 g) Sichuan peppercorns, crushed
- 2 dried red chilies (or 1 tsp (1 g) chili flakes)
- 2 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) black vinegar
- ½ cup (120 ml) water
- 1 green onion (1½ tbsp/10 g), sliced

Instructions:

1. Toss tofu in cornstarch until coated. Shake off excess.
2. Heat 2 tbsp (30 ml) oil in a wok over medium-high heat. Fry tofu for 3 minutes per side until golden. Remove and drain.
3. Add the remaining 1 tbsp (15 ml) of oil. Heat Sichuan peppercorns, chilies, and garlic together for 30 seconds until fragrant.
4. Add ground pork, breaking it apart. Cook for 3 minutes until browned.
5. Stir in soy sauce, hoisin, vinegar, and water. Simmer for 2 minutes.
6. Return tofu to the wok, gently coating it with sauce. Garnish with green onions.

Nutritional Value (per serving):

Calories: 410 kcal | Protein: 22 g | Fat: 26 g | Saturated Fat: 6 g | Carbohydrates: 18 g | Fiber: 2 g | Sodium: 950 mg

Crispy Vegetable Spring Rolls

Light, crunchy, and packed with fresh veggies—these spring rolls are ideal as an appetizer or snack.

Time to prepare: 15 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 4 spring roll wrappers (20 g each)
- 1 cup (70 g) shredded cabbage
- ½ cup (50 g) shredded carrots
- ¼ cup (30 g) bean sprouts
- 2 green onions (¼ cup/20 g), thinly sliced
- 1 garlic clove, minced
- 1 tsp (5 g) grated ginger
- 2 tbsp (30 ml) vegetable oil (for frying)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) black pepper

Instructions:

1. In a bowl, mix cabbage, carrots, bean sprouts, green onions, garlic, ginger, soy sauce, sesame oil, sugar, and black pepper.
2. Lay a spring roll wrapper diagonally on a clean work surface. Spoon 2 tbsp of filling near the bottom corner.
3. Wrap the filling by folding the bottom corner over it, then fold the sides in. Roll tightly upward, sealing the edge with a dab of water.
4. Heat oil in a wok over medium-high heat. Fry spring rolls for 2-3 minutes per side until golden and crisp. Drain on paper towels.
5. Enjoy hot with sweet chili sauce or soy sauce for dipping.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 5 g | Fat: 12 g | Saturated Fat: 1 g | Carbohydrates: 24 g | Fiber: 3 g | Sodium: 450 mg

Crispy Tofu & Corn Fritters

Golden, crunchy bites with soft tofu and sweet corn—perfect for dipping.

Time to prepare: 10 minutes

Time to cook: 8 minutes

Servings: 2



Ingredients:

- ½ cup (120 g) mashed firm tofu
- ½ cup (75 g) corn kernels (fresh or canned)
- ¼ cup (30 g) all-purpose flour
- 1 tbsp (10 g) finely chopped red bell pepper
- 1 green onion (10 g), thinly sliced
- 1 garlic clove, minced
- ½ tsp (2 g) salt
- ¼ tsp (1 g) black pepper
- ½ tsp (3 ml) soy sauce
- 3 tbsp (45 ml) vegetable oil (for frying)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (3 g) honey

Instructions:

1. In a bowl, combine tofu, corn, flour, bell pepper, green onion, garlic, salt, pepper, and soy sauce. Mix until sticky but cohesive.
2. Heat oil in a wok over medium-high heat. Scoop 2 tbsp batter per fritter, flatten slightly, and fry for 2-3 minutes per side until golden. Drain on paper towels.
3. Combine the dipping sauce components in a small bowl and whisk until smooth. Serve fritters hot with sauce.

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 8 g | Fat: 14 g | Saturated Fat: 1 g | Carbohydrates: 22 g | Fiber: 2 g | Sodium: 800 mg

Scallion Pancakes (Cong You Bing)

Flaky, crispy, and loaded with fresh scallions—these pan-fried pancakes are a street food favorite.

Time to prepare: 15 minutes (+30 min rest)

Time to cook: 10 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 280 kcal | Protein: 5 g |
Fat: 12 g | Saturated Fat: 1 g |
Carbohydrates: 38 g | Fiber: 2 g | Sodium:
300 mg

Ingredients:

- 1 cup (120 g) all-purpose flour
- ¼ tsp (1 g) salt
- ½ cup (120 ml) hot water
- 2 tbsp (30 ml) vegetable oil (for dough & frying)
- ½ cup (50 g) finely chopped scallions
- 1 tsp (5 g) toasted sesame seeds (optional)

Instructions:

1. Mix flour and salt in a bowl. Slowly pour in hot water, stirring continuously until the dough becomes shaggy. Knead for 3 minutes until smooth. Cover and rest for 30 minutes.
2. Divide the dough into 2 balls. Roll each into a thin circle (8-inch/20 cm). Lightly brush with ½ tablespoon of oil, sprinkle scallions and sesame seeds on top, then roll up firmly into a log.
3. Form the log into a spiral coil, tuck the tip underneath, and lightly press down. Roll out again to a 6-inch (15 cm) circle.
4. Warm 1 tbsp oil in a wok over medium heat. Fry each pancake for 2-3 minutes per side, or until crisp and golden brown.
5. Cut into wedges and serve warm with a soy-vinegar dipping sauce.

Spicy Pork Wontons

Juicy pork-filled wontons with a crispy bottom and spicy dipping sauce—irresistibly addictive.

Time to prepare: 20 minutes

Time to cook: 8 minutes

Servings: 2



Nutritional Value (per serving):

Calories: 280 kcal | Protein: 14 g |
Fat: 18 g | Saturated Fat: 4 g |
Carbohydrates: 16 g | Fiber: 1 g | Sodium:
700 mg

Ingredients:

- 8 wonton wrappers (15 g each)
- ½ cup (100 g) ground pork
- 1 tbsp (10 g) finely chopped scallions
- 1 tsp (5 g) grated ginger
- 1 garlic clove, minced
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 ml) sesame oil
- ¼ tsp (1 g) sugar
- ⅛ tsp (0.5 g) white pepper
- 2 tbsp (30 ml) vegetable oil (for frying)
- ¼ cup (60 ml) water (for steaming)

Dipping Sauce:

- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (2 g) chili flakes
- ½ tsp (3 g) honey

Instructions:

1. Place the pork and all other ingredients—scallions, ginger, garlic, soy sauce, sesame oil, sugar, and white pepper—into a bowl and toss until evenly coated.
2. Put 1 tsp of filling in the center of a wonton wrapper. Moisten edges with water, fold into a triangle, and press to seal.
3. Warm the oil in a wok set over medium heat. Place wontons in the wok and fry for 2 minutes until the bottoms are golden.
4. Carefully pour water into the wok, cover, and steam for 4-5 minutes until the wrappers are translucent and the pork is cooked.
5. Using a small bowl, whisk together the dipping sauce components. Serve the wontons hot with sauce.

Vegetable & Vegan



Dry-Fried Cauliflower with Chili Garlic

Crisp-tender cauliflower with a smoky, spicy kick—perfect as a side or over rice.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ small head cauliflower (300 g), cut into 1-inch florets
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves, minced
- 1 red chili (1 tsp/10 g), thinly sliced (or ½ tsp/0.5 g) chili flakes
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) salt
- 2 scallions (2 tbsp/20 g), sliced into 1-inch (2.5 cm) pieces
- 1 tbsp (5 g) toasted sesame seeds

Instructions:

1. Heat the oil in a wok over a high flame. Add cauliflower and stir-fry for 4-5 minutes until edges are charred and tender-crisp. Remove and set aside.
2. Reduce heat to medium, add garlic and chili, stir-fry for 30 seconds until fragrant.
3. Return cauliflower to the wok. Mix in sugar, soy sauce, rice vinegar, and salt, tossing for one minute to distribute evenly.
4. Add scallions and sesame seeds, stir-frying for another 30 seconds. Serve immediately.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 5 g | Fat: 18 g | Saturated Fat: 2 g | Carbohydrates: 12 g | Fiber: 4 g | Sodium: 900 mg

Garlic Bok Choy with Oyster Sauce

Tender greens with a savory-sweet glaze—quick and packed with umami.

Time to prepare: 5 minutes

Time to cook: 5 minutes

Servings: 2



Ingredients:

- 4 baby bok choy (4 cups/400 g total), halved lengthwise
- 2 tbsp (30 ml) vegetable oil
- 5 garlic cloves, thinly sliced
- 2 tbsp (30 ml) oyster sauce
- 1 tbsp (15 ml) water
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- 1 tsp (5 ml) sesame oil

Instructions:

1. Heat the oil in a wok over a high flame. Toss in garlic and cook for 15 seconds until golden brown.
2. Place bok choy cut-side down and sear for 1 minute. Flip and stir-fry for 2 more minutes until the leaves wilt and stems soften.
3. Using a small bowl, mix oyster sauce, water, sugar, and white pepper. Pour over bok choy and toss for 30 seconds.
4. Drizzle with sesame oil and serve hot.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 4 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 10 g | Fiber: 3 g | Sodium: 600 mg

Spicy Sichuan Green Beans (Dry-Fried Style)

Blistered green beans with a bold, numbing heat—an addictive side or rice bowl star.

Time to prepare: 10 minutes

Time to cook: 8 minutes

Servings: 2



Ingredients:

- 8 oz (225 g) green beans, trimmed and cut into 2-inch (5 cm) pieces
- 3 tbsp (45 ml) vegetable oil
- 3 garlic cloves, minced
- 1-inch (15 g) ginger, julienned
- 1 tbsp (15 g) Sichuan chili bean paste (doubanjiang)
- ½ tsp (2 g) Sichuan peppercorns, crushed
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) rice vinegar
- 1 scallion (1 tbsp/10 g), thinly sliced

Instructions:

1. Heat oil in a wok over high heat. Include the green beans and sauté, stirring for 4-5 minutes until tender and blistered. Remove and set aside.
2. Reduce heat to medium. Toss in garlic, ginger, chili bean paste, and Sichuan peppercorns, stir-frying for half a minute until aromatic.
3. Return green beans to the wok. Incorporate soy sauce, sugar, and rice vinegar, tossing for 1 minute to distribute evenly.
4. Garnish with scallions and serve immediately.

Nutritional Value (per serving):

Calories: 210 kcal | Protein: 3 g | Fat: 16 g | Saturated Fat: 2 g | Carbohydrates: 14 g | Fiber: 4 g | Sodium: 800 mg

Mushroom & Snow Pea Stir-Fry with Garlic

Earthy mushrooms and crisp snow peas in a light, savory sauce.

Time to prepare: 20 minutes

Time to cook: 7 minutes

Servings: 2



Ingredients:

- 4 oz (115 g) shiitake mushrooms, sliced
- 4 oz (115 g) snow peas, trimmed
- 2 tbsp (30 ml) vegetable oil
- 4 garlic cloves, minced
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) water
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- 1 tsp (5 ml) sesame oil

Instructions:

1. Warm the oil in a wok on high heat. Toss in garlic and cook for 15 seconds until golden brown.
2. Add mushrooms and stir-fry for 2 minutes until softened. Push to one side of the wok.
3. Place the snow peas in the open area of the skillet and sauté for a minute until their color turns bright green.
4. Using a small bowl, mix oyster sauce, water, sugar, and white pepper. Pour the mixture onto the vegetables and toss for 30 seconds.
5. Drizzle with sesame oil and serve hot.

Nutritional Value (per serving):

Calories: 190 kcal | Protein: 5 g | Fat: 14 g | Saturated Fat: 2 g | Carbohydrates: 12 g | Fiber: 3 g | Sodium: 550 mg

Black Pepper Tofu & Eggplant Stir-Fry

Crispy tofu and silky eggplant coated in a bold black pepper glaze—savory with a peppery punch.

Time to prepare: 15 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- 7 oz (200 g) firm tofu, pressed and cubed
- 1 small eggplant (2 cups/250 g), cut into 1-inch (2.5 cm) cubes
- 3 tbsp (45 ml) vegetable oil, divided
- 4 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) water
- 1½ tsp (5 g) freshly ground black pepper
- ½ tsp (2 g) sugar
- 1 scallion (1 tbsp/10 g), sliced

Instructions:

1. Heat 2 tbsp oil in a wok over high heat. Put the tofu into the pan, cook for 3-4 minutes until it turns golden, then take it out and keep aside.
2. Pour the leftover oil into the wok. Fry the eggplant in a pan for 4 minutes until tender and lightly charred.
3. Add garlic to the center and stir-fry for 15 seconds until fragrant. Return the tofu to the wok.
4. Using a small bowl, combine soy sauce, oyster sauce, water, black pepper, and sugar. Pour over tofu and eggplant, stirring for 1 minute to coat evenly.
5. Garnish with scallions and serve hot.

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 12 g | Fat: 22 g | Saturated Fat: 3 g | Carbohydrates: 14 g | Fiber: 6 g | Sodium: 700 mg

Crispy Tofu with Black Bean Sauce

Crispy golden tofu cubes coated in a rich, umami-loaded black bean sauce with colorful bell peppers.

Time to prepare: 10 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 1 block (14 oz / 400 g) firm tofu, pressed and cut into 1-inch cubes
- 3 tbsp (45 ml) vegetable oil (divided)
- 1 red bell pepper (1 cup/120 g), diced
- 2 garlic cloves, minced
- 1 tbsp (15 g) fermented black beans, rinsed and chopped
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) sugar
- ½ cup (120 ml) vegetable stock
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 1 green onion (2 tbsp/15 g), sliced

Instructions:

1. In a wok, heat 2 tablespoons (30 ml) of oil over medium-high heat. Pan-fry the tofu cubes for 4-5 minutes, flipping occasionally until crispy and golden. Remove and place aside.
2. Add the remaining oil into the wok previously used. Stir-fry garlic and black beans for 30 seconds until fragrant.
3. Toss in bell pepper and cook for 2 minutes, stirring, until slightly tender.
4. Pour in soy sauce, Shaoxing wine, sugar, and vegetable stock. Bring to a simmer.
5. Return tofu to the wok, toss to coat, and cook for 2 minutes.
6. Stir in cornstarch slurry and cook for 1 minute until the sauce thickens. Garnish with green onions.
7. Serve with jasmine rice.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 16 g | Fat: 22 g | Saturated Fat: 3 g | Carbohydrates: 14 g | Fiber: 3 g | Sodium: 900 mg

Sichuan Spicy Eggplant (Yu Xiang Qiezi)

Tender eggplant in a bold, garlicky, and slightly sweet Sichuan sauce with a hint of heat.

Time to prepare: 10 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- 2 medium Chinese eggplants (about 1 lb / 450 g), cut into 2-inch batons
- 3 tbsp (45 ml) vegetable oil
- 3 garlic cloves, minced
- 1-inch (2.5 cm) ginger, minced
- 1 green onion (2 tbsp/15 g), sliced (white and green parts separated)
- 1 small red chili (1 tsp/10 g), sliced (or ½ tsp/0.5 g) chili flakes
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) black vinegar (or rice vinegar)
- 1 tbsp (15 g) sugar
- 1 tsp (5 g) cornstarch mixed with 2 tbsp (30 ml) water
- ½ cup (120 ml) water
- 1 tsp (5 ml) sesame oil

Instructions:

1. Using a small bowl, blend soy sauce, black vinegar, sugar, and water. Set aside.
2. Heat oil in a wok over medium-high heat. Toss in eggplant and cook, stirring for 5-6 minutes until it becomes tender. Remove and place aside.
3. In the same wok, add garlic, ginger, white parts of green onion, and chili. Stir-fry briefly, about 30 seconds, until aromatic.
4. Put the eggplant back in the wok, pour the sauce on top, and stir-fry for two minutes.
5. Add cornstarch slurry and cook for 1 minute until the sauce thickens. Drizzle with sesame oil and garnish with green onion tops.
6. Serve hot with steamed rice.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 4 g | Fat: 18 g | Saturated Fat: 2 g | Carbohydrates: 28 g | Fiber: 6 g | Sodium: 1,000 mg

Ginger-Scallion Brussels Sprouts

Charred Brussels sprouts with aromatic ginger and pungent scallions—a crispy, fragrant side.

Time to prepare: 5 minutes

Time to cook: 5 minutes

Servings: 2



Ingredients:

- 10 oz (280 g) Brussels sprouts, halved
- 3 tbsp (45 ml) vegetable oil
- 2-inch (30 g) ginger, julienned
- 3 scallions (4 tbsp/30 g), cut into 2-inch (5 cm) strips
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- ½ tsp (2 g) sesame seeds

Instructions:

1. Heat oil in a wok over high heat. Put Brussels sprouts cut-side down in the pan and sear for 3 minutes until nicely charred. Toss and cook for 2 more minutes until tender.
2. Push sprouts to the sides. Place ginger and scallions in the middle and stir-fry for half a minute.
3. Using a small bowl, mix soy sauce, rice vinegar, and sugar. Pour over sprouts and toss for 1 minute.
4. Sprinkle with sesame seeds and serve immediately.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 5 g | Fat: 18 g | Saturated Fat: 2 g | Carbohydrates: 13 g | Fiber: 5 g | Sodium: 500 mg

Garlic Chili Eggplant Stir-Fry

Soft, silky eggplant simmered in a bold garlic and chili sauce with hints of sugar and vinegar.

Time to prepare: 10 minutes

Time to cook: 12 minutes

Servings: 2



Ingredients:

- 2 medium Japanese eggplants (about 1 lb / 450 g), cut into ½-inch thick half-moons
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves, minced
- 1 red chili (1 tsp/10 g), thinly sliced (or ½ tsp/0.5 g) chili flakes
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- 1 tsp (5 ml) sesame oil
- 2 green onions (4 tbsp/30 g), sliced
- 1 tbsp (8 g) toasted sesame seeds

Instructions:

1. Using a small bowl, mix soy sauce, rice vinegar, and brown sugar. Set aside.
2. Heat oil in a wok over high heat. Add eggplant and stir-fry for 5-6 minutes until tender and lightly charred. Remove and set aside.
3. In the same wok, add garlic and chili. Stir-fry for 30 seconds until fragrant.
4. Return eggplant to the wok, pour in the sauce, and toss to coat. Cook for 1 minute.
5. Finish by drizzling sesame oil and sprinkling green onions and sesame seeds on top.
6. Serve immediately with steamed rice.

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 4 g | Fat: 20 g | Saturated Fat: 2 g | Carbohydrates: 26 g | Fiber: 8 g | Sodium: 500 mg

Sweet & Sour Crispy Tofu

Crispy tofu coated in a zesty, sticky, sweet-and-sour glaze with chunks of bell pepper and pineapple.

Time to prepare: 10 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 1 block (14 oz/400 g) firm tofu, pressed and cut into 1-inch cubes
- 3 tbsp (45 ml) vegetable oil (divided)
- ½ red bell pepper (⅓ cup/60 g), diced
- ½ green bell pepper (60 g), diced
- ½ cup (80 g) pineapple chunks (fresh or canned)
- 2 garlic cloves, minced
- 2 tbsp (30 ml) ketchup
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) brown sugar
- ½ cup (120 ml) vegetable stock
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water

Instructions:

1. Warm 2 tablespoons (30 ml) of oil in a wok over medium-high heat. Pan-sear the tofu cubes for 4-5 minutes until they are nicely browned and crisp. Remove and set aside.
2. In the same wok, add the remaining oil. Stir-fry garlic for 30 seconds until fragrant.
3. Add bell peppers and pineapple, stir-frying for 2 minutes until slightly softened.
4. Pour in ketchup, rice vinegar, soy sauce, brown sugar, and vegetable stock. Bring to a simmer.
5. Return tofu to the wok, toss to coat, and cook for 2 minutes.
6. Stir in cornstarch slurry and cook for 1 minute until the sauce thickens.
7. Serve hot with jasmine rice.

Nutritional Value (per serving):

Calories: 340 kcal | Protein: 14 g | Fat: 20 g | Saturated Fat: 3 g | Carbohydrates: 28 g | Fiber: 4 g | Sodium: 700 mg

Breakfast & Eggs



Egg Foo Young

Savory Chinese-style omelet packed with veggies and drizzled with a rich gravy.

Time to prepare: 10 minutes

Time to cook: 15 minutes

Servings: 2



Ingredients:

- 4 large eggs
- ½ cup (50 g) bean sprouts
- ¼ cup (30 g) diced bell pepper
- ¼ cup (25 g) sliced scallions
- 2 tbsp (20 g) diced onion
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper

Gravy (optional):

- ½ cup (120 ml) chicken stock
- 1 tbsp (8 g) cornstarch mixed with 1 tbsp (15 ml) water
- 1 tsp (5 ml) soy sauce
- ½ tsp (3 ml) oyster sauce

Instructions:

1. Using a bowl, whisk eggs with soy sauce, sugar, and white pepper. Incorporate bean sprouts, bell pepper, green onions, and onion into the mixture.
2. Warm 1 tbsp (15 ml) oil in a wok over medium-high heat. Gently pour half of the eggs, ensuring an even distribution. Let it cook for 2 to 3 minutes until firm, then flip and cook for another minute. Repeat for the second omelet.
3. To prepare the gravy, heat the chicken stock in the wok until it gently boils. Stir in soy sauce and oyster sauce. Incorporate the cornstarch slurry and let it cook slowly for 1 to 2 minutes until thick.
4. Serve omelet drizzled with gravy.

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 14 g |
Fat: 18 g | Saturated Fat: 4 g |
Carbohydrates: 6 g | Fiber: 1 g |
Sodium: 320 mg

Tomato & Egg Stir-Fry

A classic Chinese comfort dish—silky eggs with sweet-tart tomatoes in a light sauce.

Time to prepare: 10 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 4 large eggs
- 2 medium tomatoes (1½ cups/200 g), cut into wedges
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) sugar
- ½ tsp (3 ml) soy sauce

- ¼ tsp (1 g) salt
- 2 tbsp (30 ml) water
- 1 tbsp (5 g) chopped scallions

Instructions:

1. Beat eggs with a pinch of salt. Add ½ tbsp (7 ml) oil to a wok and heat it over medium flame. Scramble eggs until just set (1-2 minutes), then remove.
2. Add the remaining oil to the wok. Stir-fry tomatoes for 2 minutes until slightly softened. Add sugar, soy sauce, salt, and water. Simmer for 2 minutes.
3. Place the eggs back into the wok and gently mix with tomatoes, cooking for 30 seconds. Garnish with scallions.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 13 g |
Fat: 16 g | Saturated Fat: 4 g |
Carbohydrates: 8 g | Fiber: 2 g |
Sodium: 450 mg

Scallion & Ginger Egg Congee

Silky rice porridge topped with fluffy scrambled eggs, crispy shallots, and aromatic ginger.

Time to prepare: 5 minutes

Time to cook: 25 minutes

Servings: 2



Ingredients:

- ½ cup (100 g) jasmine rice, rinsed
- 4 cups (950 ml) water or chicken stock
- 3 large eggs
- 2 tbsp (30 ml) vegetable oil, divided
- 1 tbsp (10 g) minced ginger
- ¼ cup (25 g) thinly sliced scallions
- 2 tbsp (15 g) crispy fried shallots
- ½ tsp (3 ml) sesame oil
- ½ tsp (2 g) salt
- White pepper to taste

Instructions:

1. In a wok, combine rice and water. Heat until boiling, then reduce to low heat and simmer without a lid for 20 minutes, stirring occasionally, until thickened.
2. Whisk eggs with salt and white pepper. Heat 1 tbsp (15 ml) oil in a separate pan over medium. Scramble eggs until just set (1-2 minutes), then fold into congee.
3. Heat the remaining oil in the wok. Sauté ginger for 30 seconds until fragrant. Drizzle over congee.
4. Garnish with scallions, crispy shallots, and sesame oil.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 14 g | Fat: 18 g | Saturated Fat: 3 g | Carbohydrates: 28 g | Fiber: 1 g | Sodium: 650 mg

Spicy Sichuan Egg Stir-Fry

Fiery wok-tossed eggs with chilies, black vinegar, and numbing Sichuan peppercorns.

Time to prepare: 10 minutes

Time to cook: 5 minutes

Servings: 2



Ingredients:

- 4 large eggs
- 2 tbsp (30 ml) vegetable oil
- 2 dried red chilies (1 tbsp/5 g), halved
- 1 tsp (3 g) Sichuan peppercorns, lightly crushed
- 1 garlic clove, minced
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) black vinegar
- ½ tsp (2 g) sugar
- ¼ cup (25 g) chopped scallions

Instructions:

1. Beat eggs lightly with a pinch of salt. Heat oil in a wok over high until smoking. Pour in eggs, scrambling vigorously for 30 seconds until puffy. Remove and set aside.
2. In the same wok, stir-fry chilies, Sichuan peppercorns, and garlic for 15 seconds until fragrant.
3. Return eggs to the wok. Add soy sauce, vinegar, and sugar, tossing for 1 minute to coat.
4. Garnish with scallions. Serve immediately.

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 12 g | Fat: 20 g | Saturated Fat: 4 g | Carbohydrates: 4 g | Fiber: 1 g | Sodium: 500 mg

Kimchi & Pork Egg Fried Rice

Savory, tangy fried rice with crispy pork, fermented kimchi, and soft scrambled eggs—ready in minutes.

Time to prepare: 5 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 2 cups (300 g) cooked jasmine rice (day-old preferred)
- 4 large eggs
- ½ cup (100 g) diced pork belly or ground pork
- ⅓ cup (75 g) kimchi, chopped (plus 1 tbsp kimchi juice)
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) sugar
- 2 garlic cloves, minced
- ¼ cup (25 g) sliced scallions
- 1 tsp (3 g) toasted sesame seeds

Instructions:

1. Heat 1 tbsp (15 ml) oil in a wok over high heat. Place pork in the pan and fry until crispy, about 3-4 minutes. Remove and set aside.
2. Using the same wok, scramble the eggs for about 1 minute until they are just set. Break into chunks and remove.
3. Add remaining oil. Stir-fry garlic and kimchi for 1 minute until fragrant. Add rice, breaking up clumps.
4. Return pork and eggs to the wok. Drizzle soy sauce, sesame oil, sugar, and kimchi juice. Toss for 2 minutes until evenly coated.
5. Garnish with scallions and sesame seeds.

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 22 g | Fat: 28 g | Saturated Fat: 8 g | Carbohydrates: 35 g | Fiber: 2 g | Sodium: 800 mg

Sauces & Marinades



Black Bean Garlic Sauce

A bold, fermented umami bomb that clings to proteins and veggies with deep savory depth.

Time to prepare: 5 minutes

Time to cook: 5 minutes

Servings: 2 (enough for ½ lb protein + veggies)



Ingredients:

- 2 tbsp (30 g) fermented black beans, rinsed and roughly chopped
- 3 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) cornstarch
- 2 tbsp (30 ml) water

Instructions:

1. Using a small bowl, mix soy sauce, sugar, cornstarch, and water. Set aside.
2. Heat oil in a wok over medium-high. Add black beans and garlic, stir-frying for 30 seconds until fragrant.
3. Pour in Shaoxing wine around the edges of the wok, then add the sauce mixture. Stir for 1-2 minutes until thickened.
4. Toss with cooked protein (chicken, tofu, or shrimp) and vegetables (bell peppers, zucchini, or snap peas). Serve over rice or noodles.

Nutritional Value (per serving):

Calories: 80 kcal | Protein: 2 g |
Fat: 5 g | Saturated Fat: 0.5 g |
Carbohydrates: 6 g | Fiber: 1 g |
Sodium: 900 mg

Sichuan Mala Sauce

Fiery, tingly, and addictive—this sauce delivers the signature mala (numbing-spicy) kick of Sichuan cuisine.

Time to prepare: 5 minutes

Time to cook: 5 minutes

Servings: 2 (enough for ½ lb protein + veggies)



Ingredients:

- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (8 g) Sichuan peppercorns, lightly crushed
- 2 dried red chilies or 1 tsp (1 g) chili flakes
- 1 tbsp (15 ml) chili bean paste (doubanjiang)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ cup (120 ml) chicken stock (or water)
- 1 tsp (5 ml) sesame oil

Instructions:

1. Heat oil in a wok over medium. Add Sichuan peppercorns and dried chilies, stir-frying for 30 seconds until fragrant. Remove chilies if less heat is desired.
2. Add chili bean paste and stir-fry for 10 seconds to release its aroma.
3. Pour in soy sauce, sugar, and stock. Simmer for 2 minutes until slightly reduced. Finish with sesame oil.
4. Toss with cooked protein (beef, pork, or eggplant) and vegetables (green beans, cabbage, or mushrooms). Serve with rice or noodles.

Nutritional Value (per serving):

Calories: 90 kcal | Protein: 1 g |
Fat: 7 g | Saturated Fat: 1 g |
Carbohydrates: 5 g | Fiber: 1 g |
Sodium: 800 mg

Spicy Garlic Teriyaki Stir-Fry Sauce

Silky rice porridge topped with fluffy scrambled eggs, crispy shallots, and aromatic ginger.

Time to prepare: 5 minutes

Time to cook: 25 minutes

Servings: 2 (enough for ½ lb protein + veggies)



Ingredients:

- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 g) brown sugar
- 1 tbsp (15 ml) sake (or dry white wine)
- 1 tsp (5 ml) rice vinegar
- 1 tbsp (15 ml) water
- ½ tsp (2 g) cornstarch
- 2 garlic cloves, minced
- ½ tsp (2 g) grated ginger
- ½ tsp (2 g) red pepper flakes (optional)
- 1 tbsp (15 ml) vegetable oil

Instructions:

1. In a bowl, whisk soy sauce, mirin, brown sugar, sake, rice vinegar, water, and cornstarch until smooth. Set aside.
2. Heat oil in a wok over medium. Toss in the garlic, ginger, and red pepper flakes (if desired), and stir-fry for 20 seconds until the aroma develops.
3. Pour the sauce mixture into the pan and let it simmer for 2 to 3 minutes, stirring continuously until it thickens to a syrupy texture.
4. Toss with cooked protein (salmon, chicken, or tofu) and vegetables (broccoli, carrots, or snap peas). Serve over rice or noodles.

Nutritional Value (per serving):

Calories: 100 kcal | Protein: 1 g | Fat: 5 g | Saturated Fat: 0.5 g | Carbohydrates: 12 g | Fiber: 0 g | Sodium: 900 mg

Char Siu (Cantonese BBQ Pork) Marinade

Sweet, sticky, and deeply aromatic—this iconic marinade gives pork its signature red hue and caramelized glaze.

Time to prepare: 10 minutes

Time to cook: 5 minutes

Servings: 2 (enough for 1 lb / 450 g pork shoulder or loin)



Ingredients:

- 42 tbsp (30 ml) hoisin sauce
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 2 tsp (10 ml) oyster sauce
- 1 tsp (5 ml) toasted sesame oil
- 1 tsp (5 g) five-spice powder
- 2 garlic cloves, minced
- 1 tbsp (15 g) grated ginger
- ½ tsp (2 g) red food coloring (optional, for classic red hue)

Instructions:

1. Mix all ingredients in a bowl by whisking until the mixture is smooth.
2. Coat the 2-inch pork shoulder strips (1 lb/450 g) evenly with the marinade. Cover and refrigerate for at least 4 hours (overnight preferred).
3. Roast at 375°F (190°C) for 25-30 minutes, basting twice, or grill over indirect heat until caramelized.
4. Pair with steamed bao buns, fried rice, or sliced over noodles. Garnish with extra honey glaze and scallions.

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 1 g | Fat: 2 g | Saturated Fat: 0 g | Carbohydrates: 24 g | Fiber: 0 g | Sodium: 800 mg

Lemongrass Chicken Marinade

Bright, herbal, and slightly tangy—this Vietnamese-inspired marinade infuses chicken with vibrant, citrusy depth.

Time to prepare: 5 minutes
(plus 2+ hours marinating)

Time to cook: 10 minutes

Servings: 2
(enough for 1 lb / 450 g
chicken thighs or breasts)



Ingredients:

- 2 stalks lemongrass (3 tbsp/30 g), tender white part only, finely minced
- 2 tbsp (30 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) brown sugar
- 1 tbsp (15 ml) lime juice
- 2 garlic cloves, minced
- 1 shallot (2 tbsp/20 g), minced
- 1 tsp (5 g) grated ginger
- ½ tsp (2 g) turmeric (for color, optional)
- 1 tbsp (15 ml) vegetable oil

Instructions:

1. Pound lemongrass in a mortar or finely mince. Stir together with the rest of the ingredients in a mixing bowl.
2. Coat 1 lb (450 g) chicken (thighs or breast slices) with marinade. Cover and refrigerate for at least 2 hours (up to 24 hours).
3. Grill over medium-high heat or pan-sear until charred and cooked through.
4. Pair with vermicelli bowls, jasmine rice, or lettuce wraps. Top with crushed peanuts and fresh herbs (mint, cilantro).

Nutritional Value (per serving):

Calories: 80 kcal | Protein: 2 g |
Fat: 3 g | Saturated Fat: 0 g | Carbohydrates:
10 g | Fiber: 0 g | Sodium: 1,200 mg

Street Food & Snacks



Spicy Wok-Tossed Peanuts (Kacang Disco)

Sweet, spicy, and satisfyingly crunchy, these peanuts are a perfect match for your favorite drink.

Time to prepare: 5 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 1 cup (150 g) raw peanuts
- 1 tbsp (15 ml) vegetable oil
- 1 small shallot (¼ cup/40 g), thinly sliced
- 1 garlic clove, minced
- 1 red chili (1 tsp/10 g), thinly sliced, or ½ tsp/0.5 g chili flakes
- 1 tbsp (15 ml) sweet soy sauce (kecap manis)
- 1 tsp (5 g) sugar
- ½ tsp (2 g) salt
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika

Instructions:

1. Heat oil in a wok over medium heat. Add shallots, garlic, and chili to the pan and stir-fry until fragrant, about 1 minute.
2. Add peanuts and stir-fry for 3-4 minutes until lightly toasted.
3. Pour in sweet soy sauce, sugar, salt, cumin, and paprika. Toss continuously for 2-3 minutes until peanuts are glossy and well-coated.
4. Transfer to a plate, spreading in a single layer to cool and crisp up before serving.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 10 g | Fat: 20 g | Saturated Fat: 3 g | Carbohydrates: 15 g | Fiber: 3 g | Sodium: 600 mg

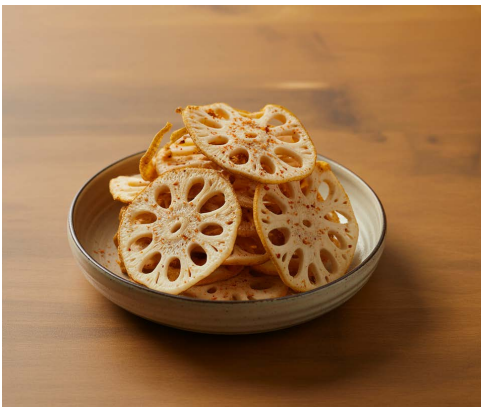
Crispy Lotus Root Chips with Chili Salt

Light, crunchy, and subtly sweet with a spicy-savory kick—great as a snack or beer companion.

Time to prepare: 5 minutes

Time to cook: 10 minutes

Servings: 2



Ingredients:

- 1 small lotus root (200 g), peeled and thinly sliced (1/16 or 1-2mm)
- 2 cups (480 ml) cold water + 1 tbsp (15 ml) vinegar (to soak)
- 3 tbsp (45 ml) vegetable oil (for frying)
- ½ tsp (2 g) chili powder
- ½ tsp (2 g) five-spice powder
- ½ tsp (3 g) salt
- ½ tsp (2 g) sugar

Instructions:

1. Place lotus root slices in a vinegar-water solution for 5 minutes to stop them from turning brown. Drain and pat completely dry.
2. Heat oil in a wok over medium-high heat. Cook the lotus root in several batches, frying for 2-3 minutes until crisp and golden. Drain on paper towels.
3. Using a small bowl, mix chili powder, five-spice powder, salt, and sugar. Toss warm chips with the spice blend.

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 2 g | Fat: 12 g | Saturated Fat: 1 g | Carbohydrates: 18 g | Fiber: 4 g | Sodium: 500 mg

Sesame-Garlic Chicken Skewers (Yakitori-style)

Tender and smoky, these are coated in a rich sesame-garlic glaze—ideal for fast grilling or a hot wok.

Time to prepare: 15 minutes (incl. marinating)

Time to cook: 10 minutes

Servings: 2



Ingredients:

- ½ lb (225 g) boneless chicken thighs, cut into 1 (2.5cm) cubes
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) honey
- 1 tbsp (15 ml) toasted sesame oil
- 2 garlic cloves, minced
- 1 tsp (5 g) grated ginger
- 1 tbsp (9 g) sesame seeds
- ½ tsp (2 g) black pepper
- 2 green onions (¼ cup/20 g), sliced (for garnish)
- Bamboo skewers, soaked in water

Instructions:

1. Place chicken cubes onto skewers, about 4 to 5 per skewer.
2. Using a bowl, mix soy sauce, honey, sesame oil, ginger, garlic, sesame seeds, and black pepper. Reserve half for basting.
3. Apply half of the marinade to the skewers and let them marinate for 10 minutes.
4. Heat a wok over high heat. Add 1 tbsp (15 ml) oil and sear skewers for 3-4 minutes per side until charred and cooked through.
5. Brush with reserved marinade at the last minute. Garnish with green onions.

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 28 g | Fat: 18 g | Saturated Fat: 4 g | Carbohydrates: 12 g | Fiber: 1 g | Sodium: 900 m

Wok-Charred Corn with Chili-Lime Butter

Sweet, smoky corn with a tangy-spicy kick—inspired by Mexican street food but cooked in a wok.

Time to prepare: 5 minutes

Time to cook: 8 minutes

Servings: 2



Ingredients:

- 2 ears of corn (10 oz/300 g), husks removed
- 2 tbsp (30 g) unsalted butter, softened
- ½ tsp (2 g) chili powder
- ½ tsp (2 g) smoked paprika
- 1 tsp (5 ml) lime juice
- ¼ tsp (1 g) salt
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (5 g) cilantro, chopped (for garnish)
- Lime wedges (for serving)

Instructions:

1. Mix butter, chili powder, smoked paprika, lime juice, and salt in a small bowl. Set aside.
2. Heat oil in a wok over high heat. Add corn and cook, turning occasionally, for 6-8 minutes until charred in spots.
3. Remove from heat and immediately brush with chili-lime butter.
4. Decorate with cilantro and present with lime wedges.

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 4 g | Fat: 16 g | Saturated Fat: 7 g | Carbohydrates: 20 g | Fiber: 3 g | Sodium: 300 mg

Crispy Wok-Fried Tofu with Tamarind Glaze

Sweet, tangy, and irresistibly crunchy—this vegan street snack packs bold flavors with a sticky-sour finish.

Time to prepare: 10 minutes (incl. pressing tofu)

Time to cook: 8 minutes

Servings: 2



Ingredients:

- ½ block (1 cup/200 g) firm tofu, pressed and cut into 1" (2.5 cm) cubes
- 3 tbsp (45 ml) vegetable oil
- 2 tbsp (30 ml) tamarind paste
- 1 tbsp (15 ml) maple syrup
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) grated ginger
- 1 garlic clove, minced
- ½ tsp (2 g) chili flakes
- 1 tbsp (8 g) toasted sesame seeds
- 1 green onion (10 g), thinly sliced

Instructions:

1. Heat oil in a wok over medium-high heat. Fry tofu cubes for 4-5 minutes, turning until golden and crisp on all sides. Drain on paper towels.
2. In the same wok, reduce heat to low. Toss in tamarind paste along with maple syrup, soy sauce, ginger, garlic, and crushed chili. Simmer for 1 minute until thickened.
3. Place the tofu back into the wok and toss to ensure even glazing.
4. Garnish with sesame seeds and green onion. Serve immediately.

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 10 g |
Fat: 20 g | Saturated Fat: 2 g |
Carbohydrates: 18 g | Fiber: 2 g | Sodium:
500 mg

30-Day Meal Plan

Week 1

DAY	BREAKFAST	LUNCH	DINNER
1	Scallion & Ginger Egg Congee (68)	Kung Pao Chicken (21)	Spicy Mapo Tofu Stir-Fry (38)
2	Tomato & Egg Stir-Fry (67)	Honey-Sesame Chicken Stir-Fry (22)	Salt & Pepper Squid (20)
3	Kimchi & Pork Egg Fried Rice (69)	Garlic Pork Stir-Fry with Green Beans (25)	Crispy Tofu & Broccoli Stir-Fry (29)
4	Egg Foo Young (67)	Singapore-Style Chili Crab Stir-Fry (19)	Dry-Fried Garlic Eggplant & Green Beans (28)
5	Spicy Sichuan Egg Stir-Fry (68)	Mongolian Beef Stir-Fry (17)	Miso-Glazed Tofu & Asparagus Stir-Fry (31)
6	Pineapple Fried Rice (34)	Thai Basil Beef Stir-Fry (18)	XO Sauce Scallops with Snow Peas (26)
7	Yangzhou Fried Rice (34)	Sweet & Sour Pork Stir-Fry (24)	Lemongrass Chili Tofu & Kale Stir-Fry (31)

Week 2

DAY	BREAKFAST	LUNCH	DINNER
8	Japanese Garlic Butter Fried Rice (33)	Cashew Chicken Stir-Fry (22)	Black Pepper Beef Stir-Fry (18)
9	Wok Tomato Egg Fried Rice (45)	Spicy Sichuan Green Beans (62)	Crispy Honey Garlic Pork (56)
10	Vietnamese Lemongrass Chicken Fried Rice (37)	Shrimp with Lobster Sauce (27)	Sichuan Crispy Tofu with Minced Pork (57)
11	Wok Ginger Scallion Rice (46)	Twice-Cooked Pork (24)	Garlic Chili Eggplant Stir-Fry (65)
12	Nasi Goreng (35)	Szechuan Beef Stir-Fry (20)	Spicy Crispy Eggplant with Ground Chicken (56)
13	Wok Char Siu Fried Rice (44)	Ginger-Scallion Chicken Stir-Fry (21)	Crispy Lemongrass Chicken (57)
14	Scallion & Ginger Egg Congee (68)	Honey Garlic Beef Stir-Fry (19)	Braised Tofu with Peanuts (51)

Week 3

DAY	BREAKFAST	LUNCH	DINNER
15	Egg Foo Young (67)	Spicy Garlic Black Pepper Shrimp (26)	Red-Braised Pork Belly (50)
16	Kimchi Fried Rice (33)	Lemon-Garlic Chicken Stir-Fry (23)	Sweet & Sour Pineapple Tofu Stir-Fry (30)
17	Wok Hainanese Chicken Rice (45)	Spicy Sichuan Pork with Peanuts (25)	Garlic Bok Choy & Shiitake Tofu Stir-Fry (30)
18	Sichuan Spicy Fried Rice (36)	Black Pepper Tofu & Mushroom Stir-Fry (29)	Crispy Orange Tofu (55)
19	Tomato & Egg Stir-Fry (67)	Charred Pad See Ew (39)	Tea-Smoked Duck Braised in Soy (52)
20	Malaysian Sambal Fried Rice (36)	Korean Spicy Stir-Fried Noodles (41)	Soy-Braised Shiitake Mushrooms (48)
21	Simplified Clay Pot Rice (44)	Vietnamese Lemongrass Chicken Noodles (42)	Black Pepper Braised Short Ribs (53)

Week 4

DAY	BREAKFAST	LUNCH	DINNER
22	Spicy Sichuan Egg Stir-Fry (68)	Singapore Noodles (38)	Crispy Salt & Pepper Whitebait (27)
23	Pineapple Fried Rice (34)	Sichuan Cold Noodles (43)	Spicy Coconut Lemongrass Shrimp Soup (50)
24	Yangzhou Fried Rice (34)	Hong Kong-Style Soy Sauce Noodles (40)	Sichuan Wonton Soup with Chili Oil (49)
25	Japanese Yaki Udon (40)	Thai Drunken Noodles (42)	Miso-Ginger Chicken Udon Soup (52)
26	Indonesian Mie Goreng (43)	Garlic Chili Oil Noodles (38)	Hot & Sour Soup (49)
27	Malaysian Mee Goreng (39)	Spicy Sichuan Dan Dan Noodles (41)	Wok-Fried Pho-Inspired Beef Noodle Soup (48)
28	Scallion & Ginger Egg Congee (68)	Dry-Fried Cauliflower (61)	Crispy Tofu with Black Bean Sauce (63)

Week 5

29	Wok Tomato Egg Fried Rice (45)	Sichuan Spicy Eggplant (64)	Sweet & Sour Crispy Tofu (65)
30	Egg Foo Young (67)	Ginger-Scallion Brussels Sprouts (64)	Mushroom & Snow Pea Stir-Fry (62)

Shopping Lists

Week 1

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Hoisin sauce, 8 oz jar (226 g)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Black vinegar (or balsamic), 5 fl oz bottle (150 ml)
- Shaoxing wine (or dry sherry), 375 ml bottle
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Red pepper flakes, 1 oz jar (28 g)
- Curry powder, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)
- Chili garlic sauce, 8 oz jar (226 g)
- Tomato ketchup, 14 oz bottle (414 ml)
- Sichuan chili bean paste (doubanjiang), 7 oz jar (200 g)
- Fermented black beans, 8 oz bag (226 g)
- White miso paste, 5.3 oz tub (150 g)
- Mirin, 10 fl oz bottle (300 ml)
- XO sauce (optional), 6 oz jar (170 g)

Proteins

- Large eggs, 1 dozen
- Pork belly, ½ lb (8 oz / 225 g)
- Ground pork, 1 lb (16 oz / 450 g)
- Pork loin, ½ lb (8 oz / 225 g)
- Pork shoulder, ½ lb (8 oz / 225 g)
- Chicken thighs, ½ lb (8 oz / 225 g)
- Chicken breast, ½ lb (8 oz / 225 g)
- Flank steak, ½ lb (8 oz / 225 g)
- Ground beef (85% lean), ½ lb (8 oz / 225 g)
- Shrimp (peeled & deveined), ½ lb (8 oz / 225 g)
- Blue crab or Dungeness crab clusters (optional), 1 lb (16 oz / 450 g)
- Squid (tubes & tentacles), ½ lb (8 oz / 225 g)
- Scallops, ½ lb (8 oz / 225 g)
- Char siu (BBQ pork) or ham, 2 oz (60 g)

Produce

- Ginger root, 4 oz piece (113 g)
- Garlic, 1 bulb (~10 cloves)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Scallions (green onions), 1 bunch (~6-8 stalks)
- Red chili peppers, 3 peppers (~1 oz / 30 g)
- Bell peppers (red/green), 2 medium (~12 oz / 340 g total)
- Bean sprouts, 8 oz bag (226 g)
- Broccoli, 1 small head (~12 oz / 340 g)
- Carrots, 1 lb bag (450 g)
- Snap peas, 6 oz bag (170 g)
- Green beans, 1 lb bag (450 g)
- Asparagus, ½ lb (8 oz / 225 g)
- Snow peas, 6 oz bag (170 g)
- Kale (curly), 1 bunch (~8 oz / 225 g)
- Eggplant, 1 small (~8 oz / 225 g)
- Tomatoes, 2 medium (~10 oz / 280 g)
- Pineapple, 1 small (~2 cups diced)
- Lemongrass, 1 stalk (~1 oz / 30 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Thai basil (or regular basil), 1 bunch (~1 oz / 28 g)
- Limes, 2 fruits

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Kimchi, 16 oz jar (454 g)
- Roasted peanuts, 6 oz can (170 g)
- Cashews (optional), 4 oz bag (113 g)
- Frozen peas & carrots, 12 oz bag (340 g)

Dairy/Tofu

- Firm tofu, 14 oz block (396 g)
- Soft tofu, 14 oz block (396 g)

Bakery

- Day-old jasmine rice (if not cooking fresh), 2 cups (300 g)

Optional Garnishes

- Crispy fried shallots, 3 oz jar (85 g)
- Toasted sesame seeds, 2 oz jar (56 g)
- Lime wedges, for serving

Week 2

Pantry Staples

- Short-grain rice, 1 lb bag (16 oz / 450 g)
- Jasmine rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Sweet soy sauce (kecap manis), 11 fl oz bottle (325 ml)
- Mirin, 10 fl oz bottle (300 ml)
- Shaoxing wine (or dry sherry), 375 ml bottle
- Hoisin sauce, 8 oz jar (226 g)
- Chili garlic sauce, 8 oz jar (226 g)
- Sichuan chili bean paste (doubanjiang), 7 oz jar (200 g)
- Fermented black bean sauce, 8 oz jar (226 g)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Black vinegar, 5 fl oz bottle (150 ml)
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Shichimi togarashi (optional), 1 oz jar (28 g)
- Turmeric powder, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)

Proteins

- Sukiyaki-cut beef or pork, 3 oz (90 g)
- Chicken thighs, 1 lb (16 oz / 450 g)
- Chicken breast (or ground chicken),
½ lb (8 oz / 225 g)
- Flank steak, ½ lb (8 oz / 225 g)
- Sirloin steak, ½ lb (8 oz / 225 g)
- Pork belly (skin-on), ½ lb (8 oz / 225 g)
- Ground pork, ½ lb (8 oz / 225 g)
- Char siu (Chinese BBQ pork), 4 oz (120 g)
- Large shrimp (peeled & deveined),
½ lb (8 oz / 225 g)
- Firm tofu, 14 oz block (400 g) x2
- Eggs, 1 dozen

Produce

- Garlic, 2 bulbs (~20 cloves)
- Ginger root, 4 oz piece (113 g)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Green onions (scallions), 2 bunches (~12 stalks)
- Red chili peppers, 4 peppers (~1.5 oz / 40 g)
- Bell peppers (red/green), 2 medium
(~12 oz / 340 g total)
- Lemongrass, 2 stalks (~2 oz / 60 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Shiitake mushrooms, 4 oz pack (113 g)
- Snap peas, 6 oz bag (170 g)
- Broccoli florets, 8 oz bag (226 g)
- Green beans, 1 lb bag (450 g)
- Eggplant (Japanese or regular), 2 medium
(~1 lb / 450 g total)
- Carrots, 1 lb bag (450 g)
- Leek, 1 small (~4 oz / 113 g)
- Cucumber, 1 medium (~8 oz / 225 g)
- Limes, 3 fruits

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Vegetable stock, 32 fl oz carton (946 ml)
- Beef broth, 14 oz can (414 ml)
- Roasted peanuts, 6 oz can (170 g)
- Roasted cashews, 6 oz can (170 g)
- Fried shallots (optional), 3 oz jar (85 g)
- Frozen peas & carrots, 12 oz bag (340 g)

Dairy

- Unsalted butter, 8 oz block (226 g)

Bakery

- Day-old rice (if not cooking fresh), 6 cups (900 g)

Optional Garnishes

- Toasted sesame seeds, 2 oz jar (56 g)
- Sesame seeds (for garnish), 1 oz jar (28 g)
- Lime wedges, for serving

Week 3

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- White rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Dark soy sauce, 5 fl oz bottle (150 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Sweet soy sauce (kecap manis), 11 fl oz bottle (325 ml)
- Shaoxing wine, 375 ml bottle
- Gochujang (Korean chili paste), 12 oz jar (340 g)
- Sambal oelek, 8 oz jar (226g)
- Fermented black beans (douchi), 8 oz bag (226 g)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Red chili flakes, 1 oz jar (28 g)
- Five-spice powder, 1 oz jar (28 g)
- Star anise, 0.5 oz jar (14 g)
- Black peppercorns, 1 oz jar (28 g)
- Dried anchovies (ikan bilis), 3 oz bag (85 g)

Proteins

- Large eggs, 1 dozen
- Pork belly, 1 lb (16 oz / 450 g)
- Bacon (optional), 8 oz pack (225 g)
- Ground pork, 1 lb (16 oz / 450 g)
- Boneless chicken breast, 1 lb (16 oz / 450 g)
- Boneless chicken thighs, 1 lb (16 oz / 450 g)
- Peeled shrimp, ½ lb (8 oz / 225 g)
- Fish cakes (optional), 8 oz pack (225 g)
- Duck legs (optional), 1 lb (16 oz / 450 g)
- Beef short ribs, 1 lb (16 oz / 450 g)
- Firm tofu, 14 oz block (400 g) x3
- Extra-firm tofu, 14 oz block (400 g)

Produce

- Garlic, 2 bulbs (~20 cloves)
- Ginger root, 4 oz piece (113 g)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Green onions (scallions), 2 bunches (~12 stalks)
- Red Fresno chili, 2 peppers (~1 oz / 30 g)
- Red chili peppers, 4 peppers (~1.5 oz / 40 g)

- Bell peppers (red/green), 3 medium (~18 oz / 510 g total)
- Lemongrass, 2 stalks (~2 oz / 60 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Shiitake mushrooms, 4 oz pack (113 g)
- Dried shiitake mushrooms, 3 oz pack (85 g)
- Bean sprouts, 8 oz bag (226 g)
- Zucchini, 1 medium (~8 oz / 225 g)
- Red onion, 1 medium (~8 oz / 225 g)
- Cabbage, 1 small head (~1 lb / 450 g)
- Chinese broccoli or kale, 1 bunch (~8 oz / 225 g)
- Baby bok choy, 1 bunch (~8 oz / 225 g)
- Cucumber, 1 medium (~8 oz / 225 g)
- Limes, 3 fruits
- Lemon, 1 fruit
- Pineapple, 1 small (~2 cups diced)
- Pandan leaf (optional), 1 leaf

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Beef stock, 32 fl oz carton (946 ml)
- Kimchi, 16 oz jar (454 g)
- Roasted seaweed (gim), 0.5 oz pack (14 g)
- Chinese sausages (lap cheong), 8 oz pack (225 g)
- Wide rice noodles (or pad thai noodles), 16 oz pack (450 g)
- Chewy wheat noodles (jjolmyeon or udon), 12 oz pack (340 g)
- Thin egg noodles (or rice vermicelli), 12 oz pack (340 g)
- Black tea leaves (or tea bags), 1 oz pack (28 g)

Dairy

- Unsalted butter, 8 oz block (226 g)

Bakery

- Day-old rice (if not cooking fresh), 6 cups (900 g)

Optional Garnishes

- Toasted sesame seeds, 2 oz jar (56 g)
- Orange zest, from 1 orange
- Lime wedges, for serving
- Fresh cilantro, for garnish

Week 4

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- White rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Dark soy sauce, 5 fl oz bottle (150 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Kecap manis (sweet soy sauce), 11 fl oz bottle (325 ml)
- Shaoxing wine, 375ml bottle
- Black vinegar, 5 fl oz bottle (150 ml)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Mirin, 10 fl oz bottle (300 ml)
- Sambal oelek, 8 oz jar (226 g)
- Curry powder, 1 oz jar (28 g)
- Turmeric, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- White pepper, 1 oz jar (28 g)
- Black peppercorns, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)
- Chili oil, 5 fl oz bottle (150 ml)
- Tahini, 16 oz jar (454 g)
- Peanut butter, 16 oz jar (454 g)
- Bonito flakes (optional), 0.5 oz pack (14 g)
- Dried red chilies, 1 oz bag (28 g)
- Star anise, 0.5 oz jar (14 g)
- Cinnamon stick, 1 oz jar (28 g)
- Kaffir lime leaves (optional), 0.5 oz pack (14 g)

Proteins

- Large eggs, 1 dozen
- Pork belly, 1 lb (16 oz / 450 g)
- Pork loin, ½ lb (8 oz / 225 g)
- Ground pork, ½ lb (8 oz / 225 g)
- Char siu (Chinese BBQ pork), 8 oz pack (225 g)
- Chicken breast, 1 lb (16 oz / 450 g)
- Chicken thighs, 1 lb (16 oz / 450 g)
- Flank steak, ½ lb (8 oz / 225 g)
- Shrimp (peeled & deveined), 1 lb (16 oz / 450 g)
- Whitebait or smelt (optional), ½ lb (8 oz / 225 g)
- Firm tofu, 14 oz block (400 g) x2
- Fried tofu (optional), 8 oz pack (225 g)

Produce

- Garlic, 2 bulbs (~20 cloves)
- Ginger root, 4 oz piece (113 g)
- Shallots, 2 bulbs (~4 oz / 113 g)

- Green onions (scallions), 2 bunches (~12 stalks)
- Red Fresno chili, 2 peppers (~1 oz / 30 g)
- Red chili peppers, 4 peppers (~1.5 oz / 40 g)
- Thai chilies, 4 peppers (~1 oz / 30 g)
- Bell peppers (red/green), 3 medium (~18 oz / 510 g total)
- Lemongrass, 2 stalks (~2 oz / 60 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Thai holy basil (or regular basil), 1 bunch (~1 oz / 28 g)
- Shiitake mushrooms, 4 oz pack (113 g)
- Bamboo shoots, 8 oz can (226 g)
- Bean sprouts, 8 oz bag (226 g)
- Cabbage, 1 small head (~1 lb / 450 g)
- Carrots, 1 lb bag (450 g)
- Cucumber, 1 medium (~8 oz / 225 g)
- Baby bok choy, 1 bunch (~8 oz / 225 g)
- Baby spinach, 5 oz bag (140 g)
- Limes, 3 fruits
- Pineapple, 1 small (~2 cups diced)
- Cauliflower, 1 small head (~1 lb / 450 g)

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Beef broth, 32 fl oz carton (946 ml)
- Vegetable stock, 32 fl oz carton (946 ml)
- Dashi stock (or kombu powder), 1 oz pack (28 g)
- Coconut milk, 13.5 fl oz can (400 ml)
- Frozen peas & carrots, 12 oz bag (340 g)
- Preserved Sichuan mustard greens (zha cai, optional), 8 oz jar (226 g)
- Wontons (store-bought or homemade), 12 oz pack (340 g)
- Rice vermicelli, 8 oz pack (226 g)
- Fresh udon noodles, 10 oz pack (283 g)
- Fresh yellow wheat noodles (or ramen), 12 oz pack (340 g)
- Fresh wide rice noodles, 12 oz pack (340 g)
- Dried wheat noodles (lo mein or spaghetti), 16 oz pack (454 g)

Dairy

- Unsalted butter, 8 oz block (226 g)

Bakery

- Day-old rice (if not cooking fresh), 6 cups (900 g)

Optional Garnishes

- Crispy fried shallots, 3 oz jar (85 g)
- Roasted peanuts, 6 oz can (170 g)
- Cashews, 6 oz can (170 g)
- Toasted sesame seeds, 2 oz jar (56 g)
- Nori strips (optional), 0.5 oz pack (14 g)
- Lime wedges, for serving

Conclusion

Mastering wok cooking is both an art and a joy—one that brings together simple ingredients, essential tools, and vibrant techniques to create meals full of flavor and life. This book has equipped you with a diverse collection of recipes, from quick stir-fries to hearty braises and crispy snacks, all designed to build your confidence and creativity in the kitchen. Whether you're cooking for family, friends, or yourself, may each dish inspire you to explore new tastes and traditions, turning every meal into a delicious celebration of wok mastery.

The Wok as a Lifestyle

Cooking with a wok is more than just preparing food—it's embracing a vibrant way of life that values freshness, speed, and creativity. The wok encourages mindfulness, inviting you to connect with your ingredients and enjoy the rhythm of tossing, searing, and stirring. As you explore new flavors and techniques, you'll find that wok cooking naturally fits into a busy lifestyle, turning everyday meals into moments of joy and discovery. Let the wok inspire you not only in the kitchen but as a gateway to a healthier, more flavorful, and culturally rich way of living.

Experiment & Adapt

One of the greatest joys of cooking with a wok is its incredible versatility. The high heat and quick cooking times mean that dishes can be easily adjusted on the fly—whether that's adding a pinch more spice, swapping vegetables based on what's fresh, or trying different proteins. Feel free to explore different flavors, textures, and ingredients. Every stir-fry is a chance to learn what combinations excite your palate and work best with your wok's unique heat and shape.

Adapting recipes to suit your tastes and available ingredients is not just practical, it's a vital part of mastering wok cooking. Traditional recipes are excellent guides, but they are by no means rigid rules. Feel free to adjust seasoning levels, substitute local vegetables or proteins, and even invent new dishes inspired by the wok's rapid, high-heat cooking method. Over time, you'll develop your own signature style that reflects your personal preferences and culinary curiosity.

Embracing experimentation also keeps cooking fun and engaging, turning every meal into an adventure. The wok invites creativity—whether you're recreating a classic dish or crafting a completely new one. Celebrate the process of trial and error, and don't worry about perfection. Each stir, toss, and sizzle is a step toward becoming more confident and inspired in the kitchen. Remember, the wok is your partner in discovery, so let your imagination run wild!

Final Thoughts

Thank you for joining this journey into the world of wok cooking. With the tools, techniques, and recipes shared here, you now have everything you need to bring vibrant, flavorful meals to your table—fast and fresh. Remember, the wok is more than just a pan; it's a gateway to endless creativity and a celebration of bold, dynamic cooking. Keep experimenting, stay curious, and most importantly, enjoy every sizzling moment in the kitchen.

Happy cooking!

Thank you for being a part of this adventure!

Congratulations! You've realized your journey with *The Ultimate Wok Cookbook for Beginners*

But this is not an end; it is a beginning, a more conscious lifestyle of taking care of yourself with every meal choice.

Just committing to the plan is an accomplishment. You chose to be mindful and to make changes in your life, and that choice will always be the path you can return to. Each day you complete is evidence that you can move in the direction of your goals and establish new habits that serve you. This is a big step forward on your future.

If you want to have more options or lose your way, check out the additional companion catalogs and plan extensions related to this book. They may include alternative meals, modified plans, or other themed offerings to help you continue moving forward. These materials are all published on author Iris Kennedy's Amazon page.

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Thanks for choosing to practice mindful eating with us.
See you in the next book!

Iris Kennedy

