

## Blue Heron Forest Stir-Fry

### Marinade sauce

½ cup OJ

2 to 3 TBL spoons Hoisin

2 to 3 tea spoons soy sauce

2 to 3 TBL spoons brown sugar

2 to 3 TBL spoons sasanee seed oil

### Meat

½ lb cubed chicken or ½ lb cubed pork roast or ½ lb cubed tri-tip

### Veggies

1 cup snow pea pods

½ shredded carrots

½ cup chopped onion

½ bell pepper sliced

¼ cup mushrooms

1 yellow squash sliced

1 zucchini sliced

1 small can water chestnuts

1 cup bean sprouts

¼ cup cashews

Package of flavored soft Chow Mein noodles (Top Ramen works too but it cook first)

Mix together the marinade sauce and add meat. Let sit for at least 45 minutes (a couple hours is best).

In a wok, put in oil let heat. Take meat out of marinade sauce (save marinate sauce) and put in wok and let cook for about 10 minutes stirring so browning is even.

Take meat out of pan. Set meat aside. Reduce the heat in the pan. Add marinate sauce to pan. When it starts to simmer then...

add carrots – let cook a few minutes stirring occasionally

then add onions and bell pepper stirring

then add snow peas stirring

then add yellow squash and zucchini stirring

then add mushrooms stirring

When the veggies start to get a little soft, add the meat back into the mixture then toss in the chow men noodles stirring. Now add the cashews and water crest and right before dumping into the serving dish, add the bean sprouts and stir one last time to mix and the serve immediately (or the bean sprouts, cashews and water crest get soggy).