

Quick Stir-Fried Strips & Onions

Craving the deep, rich flavor of a classic sizzling lamb and onion stir-fry, but keeping things plant-based? This Quick Stir-Fried Strips & Onions brings all that bold, wok-tossed comfort to your dinner table in just minutes.

Powered by Fry's Chunky Strips—a delicious, protein-packed plant-based alternative with a satisfyingly tender bite—this recipe coats crispy strips in a glossy garlic, ginger, and soy glaze. It's high-protein, effortless, and packed with flavor for the ultimate weeknight meal!



Ingredients

The Glaze & Slurry

- ☐ 7 tbsp water
- ☐ 1½ tbsp dark soy sauce
- ☐ 1 tsp Worcestershire sauce (ensure vegan/vegetarian if strictly plant-based)
- ☐ ½ tsp brown sugar
- ☐ ½ tsp vegetable stock powder (or mushroom seasoning)
- ☐ ¼ tsp cornstarch

The Stir-Fry

- ☐ 1 pack Fry's Chunky Strips
- ☐ 1–1½ tbsp neutral oil for stir-frying
- ☐ 1 large yellow onion, cut into thick wedges
- ☐ 4 stalks spring onions, cut into 2-inch batons (white and green parts separated)
- ☐ 3–4 cloves garlic, finely minced
- ☐ 1 inch fresh ginger, finely minced
- ☐ 1–2 fresh red or green chilies, thinly sliced
- ☐ 1 tsp toasted sesame oil
- ☐ Splash of rice vinegar (optional, to taste)
- ☐ Fresh cilantro for garnish



Directions

- 1** Mix the Sauce: In a small bowl, whisk together the water, dark soy sauce, brown sugar, Worcestershire sauce, vegetable stock powder, and cornstarch until smooth. Set aside.
- 2** Crisp the Strips: Fry, air-fry, or bake your frozen Fry's Chunky Strips according to package instructions until golden and crispy. Transfer them to a paper-towel-lined plate while you prep the wok.
- 3** Sear the Aromatics: Heat the neutral oil in a large skillet or wok over medium-high heat. Toss in the sliced yellow onion and the white parts of the spring onions. Stir-fry for 40–60 seconds until slightly softened at the edges.
- 4** Add Garlic & Ginger: Stir in the minced garlic, ginger, and sliced chilies. Toss rapidly for 15 seconds until fragrant, taking care not to scorch the garlic.
- 5** Thicken the Glaze: Give your prepared sauce mixture a quick stir to re-suspend any settled cornstarch. Pour directly into the hot pan over the aromatics. Stir continuously for 15–20 seconds as it bubbles rapidly and transforms into a glossy, dark glaze.
- 6** Combine & Coat: Lower the heat immediately. Throw in the cooked crispy strips. Rapidly fold everything together for 10–15 seconds—just long enough for the rich glaze to coat the outer crust without losing its crispiness.
- 7** Finish & Serve: Drizzle with toasted sesame oil (and an optional splash of vinegar). Transfer immediately to a serving platter, garnish generously with fresh cilantro and spring onion, and serve hot with steamed jasmine rice or noodles!