

Spring Stir-Fry

Recipe By Avigail Maizlik



Cooking and Prep:  30
m

Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Gluten Free,
Low Carb, Vegan, Pescetarian

Source: Family Table by
Mishpacha Magazine

This colorful, festive salad adds considerable pizzazz and flavor to any spring meal.

Ingredients (15)

Salad

- 2 unblemished zucchinis
- 1 long, narrow eggplant
- 2 red peppers
- 2 yellow peppers

- oil, for frying
- 1 head romaine lettuce, rinsed and separated into individual leaves

Dressing

- 2 tablespoons **Gefen Mayonnaise**
 - 1 tablespoon **Gefen Honey**
 - juice of 1/2 a lemon
 - 1 tablespoon distilled vinegar (you can experiment with different kinds)
 - 2 cloves of garlic, pressed or 2 cubes **Gefen Frozen Garlic**
 - 3 tablespoons **Bartenura Olive Oil**
 - 2 tablespoons water
 - salt, to taste
 - pepper, to taste
-

Start Cooking

Stir Fry

1. Cut the zucchinis, eggplant, and peppers into thick strips. They don't have to be perfectly uniform.
2. Heat the oil in a frying pan and add the eggplant. Fry until golden, turning frequently, and transfer to a paper towel to drain.
3. Fry the zucchinis in the same frying pan until they are golden and then transfer them to paper towel to drain.
4. Stir-fry the peppers until they soften slightly. Drain on paper towels.

Dressing

1. Combine all dressing ingredients in a container and mix well. Season with salt and pepper to taste.

Assembly

1. Tear the lettuce leaves into pieces. Mix with the stir-fried vegetables. Pour the dressing over the mixture and toss until well combined.
2. This looks beautiful when served on individual plates.