

# Vegetable- Pastrami Stir-Fry with Crispy Pastrami Topping

Recipe By *Brynie Greisman*



Cooking and Prep:  30  
m

Serves:  8

Contains:   

Preference: Meat

Difficulty: Easy

Source: Family Table by  
Mishpacha Magazine,  
Kosher.com Exclusive

A colorful vegetable stir-fry infused with sautéed pastrami and an awesome sweet and pungent seasoning. Served open-faced on a tortilla, it's a flavorful light supper sure to be relished by all. A **Food Fight**, round 7 recipe.

## Ingredients (20)

### For Serving

- 10 tortillas
- 2–3 tablespoons **Heaven & Earth Ketchup**
- 1 tablespoon mustard
- 2–3 tablespoons **Gefen Mayonnaise**
- 2 slices **Meal Mart Pastrami**, cubed and sautéed, for garnish

### Vegetable-Pastrami Stir-Fry

- a few broccoli florets
  - oil, for sautéing
  - 1 onion, diced
  - 2–3 cloves garlic, minced
  - 1/2 red pepper, cut into strips
  - 1/2 yellow pepper, cut into strips
  - a handful of fresh mushrooms, sliced
  - 1 zucchini, diced
  - 3 slices **Meal Mart Pastrami**, cut into strips
  - 2 tablespoons honey
  - 2–3 tablespoons **Tuscanini Apricot Jam**
  - 2 tablespoons chili sauce
  - 1 and 1/2 – 2 tablespoons onion soup mix
  - salt, to taste
  - pepper, to taste
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## Start Cooking

### Prepare the Stir-Fry

1. Steep broccoli florets in boiling water. Set aside until desired softness is reached.
2. Meanwhile, heat oil in a large frying pan. Add the vegetables one by one, sautéing each until they're chewy but still crispy. Add the pastrami strips and continue sautéing for a few more minutes. Add the drained broccoli florets.
3. Combine sauce ingredients in a small bowl. Taste and adjust proportions if necessary. Stir into veggies and pastrami until fully coated. Season lightly with salt and pepper and taste again to adjust seasonings. Remove from heat.

Tip:

You can also smear dressing all across tortilla, roll it up, and slice it in half.

### To Serve

1. Mix the ketchup, mustard, and mayonnaise in a small bowl. Taste and adjust as necessary.
2. Set a small tortilla on a plate (or cut a wrap to size). Smear a bit of dressing in a circle in the center of the tortilla. Heap a nice amount of the veggie-pastrami mix on top. Garnish with crispy pastrami cubes.
3. Serve with a fresh salad of tomato, cucumber, avocado, and scallions, seasoned with lemon-infused olive oil and salt and pepper.

### Watch!

Brynie prepared this recipe during **Food Fight Final Four**. [Watch the episode here.](#)