

## *Mama B's Vegetable and Cashew Thai Stir Fry*

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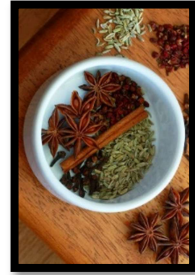
*This Creamy Garlic Herb Mushroom Spaghetti simple ingredients and potent flavor. Ready in about 30 minutes.*

### **Ingredients:**

1 Tsp	Cornstarch	1 Tsp	Sugar
3 Tbsp	Water	2 Tbsp	Soya
1 Tsp	Sesame oil	2 Tbsp	Virgin olive oil
1	Large red sweet pepper	1	Small onion, minced
¼ Cup	Cashew, broken	4 Cups	Broccoli florets
1 Tbsp	Mama B's Thai Mix		

### **Directions:**

- *In a small bowl, combine cornstarch and sugar. Stir in water, soy sauce, sesame oil and 1 tbsp Mama B's Thai Mix until smooth; set aside.*
- *In a large nonstick wok or skillet, stir-fry broccoli in hot oil 3 minutes. Add pepper, onion, garlic and ginger; stir-fry 2 minutes. Reduce heat. Stir soy sauce mixture; stir into vegetables with nuts. Cook and stir 2 minutes or until thickened.*



*Spice  
Blend:  
Thai Mix*

