

Mark's Kitchen

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Carrots, Hot Peppers and Shallot Stir-Fry

Prep time: 15 minutes

Chill time: 15 minutes

Serves: 4

This quick and simple recipe is the perfect side dish to spice up any meal. The ginger and garlic are anti-inflammatory and will fill the room with the comforting smell of home cooking.

Notes: If Chinese Five Spice is not available, you can simply leave it out. However, if you can find this seasoning, it adds a flavorful touch to the dish. To peel ginger quickly and safely use the edge of a small spoon and scrape the peel away from the ginger root to remove all the skin before chopping.

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 4 cups carrots, sliced
- 3 shallots, sliced into thick rings
- 2 garlic cloves, minced
- 1 1/2 teaspoon fresh ginger, peeled and minced
- 1/2 jalapeno, stemmed, seeded and minced
- 1/2 teaspoon Chinese Five Spice
- 1 teaspoon sea salt
- 1/4 teaspoon red pepper flakes

- 2 green onions, thinly sliced

Step 1: Mince the jalapeños, ginger and garlic. Slice the shallots into rings.

Step 2: In a large sauce pan heat olive oil over medium-high heat and add the carrots and shallots.

Step 3: Sauté for 4 to 5 minutes, then add the garlic, ginger, jalapeños, Chinese Five Spice, salt and red pepper flakes.

Step 4: Sauté for 4 to 5 more minutes and add the green onion to finish. Carrots should be tender but still crisp in the center.

Nutritional analysis per serving (a quarter of the dish): calories 86, fat 4g, saturated fat 0g, cholesterol 0mg, fiber 2g, protein 1g, carbohydrate 13g, sodium 346mg