



The Ultimate Wok Cookbook for Beginners

100 Easy Asian Stir-Fry, Noodle & Rice Recipes with Full-Color Photos — Steam, Braise & Deep-Fry, Restaurant-Style Wok Hei Flavor — 30-Day Meal Plan & Weekly Shopping Lists

May Pearson



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**BEFORE WE DIVE INTO THE DETAILS, TAKE A LOOK AT HOW SIMPLE
YOUR JOURNEY CAN BE!**



MEAL PLAN

SHOPPING LISTS

INTRODUCTION

Step into the vibrant, fragrant, and endlessly inventive world of wok cooking.

More than just a piece of cookware, the wok represents tradition, adaptability, and pure culinary enjoyment. With a history spanning over 2,000 years, it has become a cornerstone of kitchens across Asia—and increasingly around the globe.

From quickly tossing fresh vegetables to simmering flavorful broths, steaming tender dumplings, or frying up crisp, golden bites, the wok handles it all with ease.

This cookbook is your companion on that journey, introducing both the fundamentals and the creative possibilities of wok cooking. Whether you're a beginner exploring your first wok or an experienced home cook seeking fresh inspiration, there's something here for you.

Cooking with a wok is quick, engaging, and wonderfully forgiving. It's all about mastering heat, finding your rhythm, and trusting your instincts. Once you grasp the basics, you'll discover that improvisation isn't just allowed—it's part of the fun. So light the flame, add a swirl of oil, and let the wok do the storytelling.

WHY THE WOK WORKS: A MASTER OF HEAT AND FLAVOR

If the wok is the driving force behind quick, flavorful cooking, then its shape is what gives it life.

At first, its deep, curved form may seem unusual—especially compared to the flat pans many are familiar with. But each contour has a role to play. The wok's design isn't just about appearance; it's purposeful, practical, and refined through generations.

High Heat, Minimal Effort

The wok's wide surface and gently sloping sides are perfectly suited for high-temperature cooking. Using only a little oil and intense heat, ingredients cook rapidly, preserving both moisture and flavor. The base becomes intensely hot—ideal for searing meats and aromatics—while the angled sides let you move cooked food upward, keeping it warm without overcooking. This makes it especially effective for dishes that balance multiple textures, from crisp to tender to saucy.

The Power of Stir-Fry and More

Although stir-frying is what the wok is best known for, its versatility goes far beyond that. Its unique shape allows for efficient deep-frying with less oil, effortless steaming, rich and flavorful braising, and even smoking ingredients to add complexity. More than just a pan, the wok is like an entire kitchen in one piece of cookware.

Layers of Flavor, Built to Last

The wok naturally builds depth of flavor in every dish. It begins with fragrant aromatics like garlic, ginger, and scallions, followed by seared meats or tofu, then vegetables, sauces, and final touches. Each layer absorbs the heat while also picking up the essence of what was cooked before it. Over time, a well-seasoned carbon steel wok develops its own character, subtly enriching every meal with added depth and complexity.

Speed Meets Control

In wok cooking, speed isn't about rushing—it's about precision and control. Every movement, from tossing to searing to combining, is deliberate. The intense heat reduces cooking time but requires your full attention, resulting in dishes that are vivid in color, texture, and flavor. Nothing lingers too long—each bite feels fresh and dynamic.



The wok isn't just efficient—it changes the way you cook. Once you fall into its rhythm, going back to ordinary pans may not feel the same.

WOK HEI: THE ELUSIVE BREATH OF THE WOK

If you've ever tasted a stir-fry at a quality Chinese restaurant and wondered why it doesn't come out the same at home, you were most likely experiencing **wok hei**.

Often described as the “breath of the wok,” **wok hei** (鑊氣) is that distinctive smoky, lightly charred essence that sets exceptional stir-fries apart. It goes beyond flavor alone—it's an interplay of aroma, texture, and overall sensation. Capturing wok hei is a bit like harnessing something fleeting: it requires intense heat, perfect timing, and quick movement. And once you've experienced it, it's something you'll keep striving to recreate.

What Is Wok Hei, Really?

Wok hei comes from the intense heat of the wok, where oil, movement, and precise timing come together in perfect harmony. It's the result of several processes happening at once:

- **The Maillard reaction**, where proteins and sugars brown to create rich, complex flavors
- **Light charring**—not burning, but brief contact with extremely hot metal
- **Oil vaporizing**, which carries flavor through the air and lightly coats the ingredients
- **Smoke from sauces or rice wine**, which momentarily infuses the food before dissipating

Combined, these elements produce that signature quality—deeply savory, slightly smoky, and irresistibly rich in both flavor and aroma.

Can You Achieve Wok Hei at Home?

Yes—but it takes the right approach and a bit of practice. In professional kitchens, chefs rely on high-powered burners that generate intense heat. While most home stoves don't reach those same temperatures, a few smart techniques can help you come surprisingly close:

- Choose a well-seasoned carbon steel wok for fast, efficient heat transfer
- Heat the wok until it's just about smoking before adding oil
- Cook in small portions to prevent ingredients from steaming
- Make sure your ingredients are dry—excess moisture reduces searing
- Add flavorful sauces like soy sauce, oyster sauce, and Shaoxing wine in small amounts toward the end to create that signature smoky finish

Wok hei is what elevates a stir-fry from good to exceptional. It's the result of truly knowing your wok, mastering the heat, and cooking with intention. Rather than just a technique, it's a kind of dialogue between you and the flame.

THE FOUR ESSENTIAL TECHNIQUES: ONE WOK, UNLIMITED POTENTIAL

What makes the wok truly indispensable is its versatility. It's far more than a stir-fry pan—it's a multifunctional tool that can deep-fry, steam, braise, and beyond. With a single wok and a handful of core techniques, you can produce an impressive range of textures, flavors, and dishes.

Let's take a look at the four fundamental methods every wok cook should master.

1. Stir-Frying: Quick, Hot, and Flavorful

Stir-frying is the signature wok technique, defined by high heat, speed, and constant motion. Ingredients are cooked rapidly in a small amount of oil over a very hot surface, helping them retain their texture, color, and nutrients. It's all about balance—crisp yet tender, savory with hints of sweetness, and perfectly coated with just enough sauce. Great stir-frying starts with good preparation. Ingredients should be evenly cut and ready before the wok is heated. Typically, aromatics like garlic, ginger, and scallions go in first to flavor the oil, followed by proteins, then vegetables, and finally sauces.

Timing is everything—cooked items are pushed up the sides of the wok to stay warm while the rest finishes in the center. When done right, stir-frying produces vibrant, deeply flavored dishes in just minutes.

2. Crispy Results with Less Oil

Thanks to its tall sides and narrow base, the wok is well-suited for deep-frying and often uses less oil than a standard pot. Its curved shape promotes even cooking while helping to contain the oil, reducing splatter along the way. A wok works especially well for smaller batches—think crunchy spring rolls, golden tofu, lightly battered shrimp, or quickly fried herbs. Since the oil pools at the bottom, it heats efficiently, and the temperature is easy to control if you're attentive.

With a spider strainer or slotted spoon, the process becomes both efficient and precise. For best results, choose oils with a high smoke point and be sure all ingredients are thoroughly dry before frying.

3. Steaming: Gentle, Moist, and Surprisingly Easy

With a steaming rack or bamboo steamer and a few inches of water, a wok can easily double as a steamer. Its curved shape helps trap and guide steam upward, making it ideal for delicate foods like dumplings, fish fillets, buns, or vegetables while keeping their structure and nutrients intact.

To use a wok for steaming, bring the water to a boil, place the rack or steamer inside, and cover it tightly with a lid. The steam circulates evenly, and the wide opening lets you check your food with minimal disruption. Steaming is perfect for preparing lighter meals or partially cooking ingredients before stir-frying to enhance their tenderness.

4. Braising: Rich, Comforting Depth of Flavor

Braising in a wok blends quick searing with slow, gentle cooking. It begins with high heat to brown meat or vegetables and develop flavor, then shifts to a low simmer in a seasoned liquid. The wok's wide surface allows excess moisture to evaporate, helping sauces thicken and intensify.

Whether it's soy-braised chicken or red-cooked pork belly, the wok handles both the initial sear and the gradual infusion of spices, aromatics, and savory liquids with ease. It's especially well-suited for dishes that benefit from time and layered flavors—a nice contrast to the quick pace of stir-frying. Once the braising is done, you can simply turn up the heat to reduce the sauce into a rich, glossy finish.

Together, these four techniques highlight the wok's versatility. It's not just about speed—it's about cooking efficiently while maximizing flavor.

HOW TO USE THIS COOKBOOK

Every recipe in this book is designed to be clear, practical, and packed with flavor. Whether you're just starting out with a new wok or already comfortable with stir-frying, the consistent layout makes each recipe easy to follow from start to finish.

Recipe Format

All recipes are organized using the same simple, user-friendly structure:

Title: A clear, descriptive name that highlights the key ingredients or inspiration behind the dish.

Tagline: A short, one-line description that captures the flavor, texture, or occasion.

Prep Time & Cooking Time: At-a-glance timing to help you plan efficiently.

Servings: Standard portion sizes, usually designed for 2–4 people.

Ingredients: Listed in the order they're used, with both metric and imperial measurements. Simple pantry staples are prioritized, and any optional additions (such as spice) are clearly noted.

Instructions: Clear, step-by-step directions presented in numbered order and written in active voice. Each step emphasizes timing, clarity, and techniques specific to wok cooking.



Nutritional Value: A per-serving breakdown that includes calories, macronutrients, and sodium to support mindful eating.

This consistent structure makes it easy to follow any recipe, whether you're preparing a quick 10-minute stir-fry or a slow-simmered braised dish.

Recipe Organization (By Technique + Meal Type)

Recipes in this cookbook are arranged first by cooking method, then by main ingredient or meal category. This approach makes it easy to explore wok techniques step by step or quickly find a dish that suits your mood and what you have on hand.

1. Stir-Fries

This essential wok method relies on high heat, quick cooking, and constant movement. Recipes are organized by protein type:

- **Beef Stir-Fries:** Familiar favorites like Beef & Broccoli alongside bold dishes such as Szechuan Beef.
- **Chicken Stir-Fries:** A range from classic Kung Pao to bright, tangy options like Lemon-Garlic Chicken.
- **Pork Stir-Fries:** A mix of sweet, savory, and spicy dishes—from Sweet & Sour to Twice-Cooked Pork.
- **Seafood Stir-Fries:** Light proteins paired with strong wok flavors, including XO Sauce Scallops and Chili Crab.
- **Tofu & Vegetable Stir-Fries:** Plant-based dishes featuring lively textures and flavorful sauces.

2. Fried Rice

Fast, satisfying dishes centered around wok-fried rice. Each recipe reflects a different regional style, from Kimchi Bokkeumbap to Yangzhou Fried Rice and Nasi Goreng.

3. Stir-Fried Noodles

A mix of chewy noodles, bold sauces, and crisp vegetables. This section features favorites like Pad See Ew, Yaki Udon, and Drunken Noodles.

4. Rice-Based Dishes

Hearty, all-in-one wok rice dishes that go beyond traditional fried rice, such as Clay Pot–Style Rice and wok-adapted Hainanese Chicken.

5. Soups

Yes—your wok is great for soups too. These are quick-simmered, flavorful broths like Hot & Sour Soup and Spicy Lemongrass Shrimp Soup.

6. Braised Dishes

Longer-cooked dishes with deep, rich flavor, such as Red-Braised Pork Belly and Soy-Braised Mushrooms. Perfect for relaxed weekend cooking.

7. Crispy Proteins

Golden, crunchy textures made through shallow frying in the wok. Examples include Crispy Honey Pork and Salt & Pepper Shrimp.

8. Fritters & Snacks

Crispy, bite-sized foods ideal for sharing and entertaining—such as Scallion Pancakes, Spring Rolls, and Tofu Fritters.

9. Stir-Fried Vegetables

Simple, satisfying sides or main dishes that highlight the wok's strength in preserving texture while keeping vegetables bright, crisp, and flavorful.



10. Breakfast & Eggs

Quick, egg-based stir-fries and comforting, congee-inspired dishes such as Tomato & Egg Stir-Fry and Egg Foo Young.

11. Sauces & Marinades

Essential flavor foundations you'll return to often, including Black Bean Garlic Sauce, Char Siu Marinade, and Mala Sauce.

12. Street Food & Snacks

Wok-friendly bites inspired by global street food—like chili-lime corn and sesame-glazed skewers—quick, fun, and full of flavor.

13. 30-Day Meal Plan & Shopping Lists

A practical month-long guide to easy wok cooking, featuring five weeks of menus along with organized shopping lists.

ESSENTIAL TOOLS: WOK TYPES, SPATULAS & HEAT CONTROL

Before exploring the fast-paced world of stir-fries and wok cooking, it's important to have the proper tools on hand. Just as a chef relies on a well-honed knife, cooking with a wok requires equipment suited to high heat and rapid techniques. Here's what you'll need to achieve the best results:

1. Wok Types

Your wok is the centerpiece of your setup—and the type you choose can greatly influence how you cook. Not all woks perform the same, so selecting the right one matters.

- **Carbon Steel Wok:** The most traditional and widely recommended option. It heats quickly and evenly, responds well to temperature changes, and builds a natural nonstick surface over time. It does require seasoning and regular maintenance.
- **Cast Iron Wok:** Holds heat very well but adjusts temperature more slowly. It's heavier, with excellent searing ability—ideal if you prefer sturdier cookware.
- **Nonstick Wok:** Easy to use and clean, though not suited for high heat. Best for lighter stir-fries and more delicate ingredients.
- **Electric Wok:** A practical choice when you don't have access to a stovetop. However, it doesn't reach the same high temperatures as traditional woks, which can limit techniques like searing or dry-frying.

Choose a round-bottom wok for gas stoves (used with a wok ring), or opt for a flat-bottom version if you're cooking on electric or induction surfaces.

2. Spatulas & Cooking Utensils

Wok cooking involves constant movement, so having the right tools makes the process smoother and safer.

- **Wok Spatula (Chuan):** Designed with a curved edge to match the shape of the wok, making it ideal for lifting, flipping, and pushing ingredients.
- **Wok Ladle (Hoak):** Perfect for pouring in sauces or handling liquid-based dishes like soups and braises.
- **Long Wooden Spoon or Silicone Spatula:** Heat-resistant and gentle on cookware, especially useful for nonstick woks.
- **Tongs or Chopsticks:** Handy for turning proteins and handling or serving more delicate ingredients.

3. Fire Control & Heat Source

Heat is central to wok cooking—especially when aiming for wok hei, the signature smoky depth that defines great stir-fries.

- **High BTU Burner or Gas Stove:** A gas flame that wraps around the sides of the wok works best. Dedicated outdoor wok burners can exceed 100,000 BTUs, delivering intense heat for proper searing.



- **Preheating is Critical:** Always heat your wok until it just begins to smoke before adding oil. This step helps prevent sticking and promotes even cooking.
- **Managing Heat:** Stir-frying requires quick adjustments. Keep all ingredients prepped and nearby (*mise en place*) so you can control the heat smoothly without interruptions.

Getting comfortable with these tools doesn't just simplify cooking—it makes the process more enjoyable, natural, and flavorful. With the right gear and techniques, your wok starts to feel like an extension of your own hand.

PANTRY STAPLES: SOY SAUCES, OILS & FERMENTED PASTES

Wok cooking may be quick, but great flavor begins with preparation. A well-stocked pantry is key. Keeping essential sauces, oils, and fermented ingredients on hand gives you the versatility and depth needed to create classic, well-balanced dishes with ease.

1. Soy Sauces

Soy sauce comes in several varieties, each adding its own distinct qualities to a dish.

- **Light Soy Sauce:** Despite its name, this is the standard soy sauce used for seasoning and stir-frying. It's thin, salty, and forms the base of many wok dishes.
- **Dark Soy Sauce:** Thicker, slightly sweet, and less salty. It's used mainly for color, giving dishes a deep, glossy finish.
- **Mushroom Soy Sauce:** A type of dark soy sauce enhanced with mushroom flavor for extra umami.
- **Tamari or Gluten-Free Soy Sauce:** A suitable option for those avoiding wheat, with a slightly different flavor profile.

Tip: Use a blend of light and dark soy sauces to achieve both well-rounded flavor and a rich, appealing color.

2. Oils

Choosing the right oil helps you handle high heat while either keeping flavors neutral or adding a subtle aroma.

- **Peanut Oil:** A popular choice for wok cooking—neutral, with a high smoke point and a mild nutty note.
- **Canola or Vegetable Oil:** Easy to find, budget-friendly, and stable at high temperatures—ideal for everyday use.
- **Sesame Oil (Toasted):** Not intended for stir-frying, this oil is best used as a finishing touch. A few drops added at the end of cooking bring aroma and depth of flavor.
- **Lard or Rendered Duck Fat:** Traditional cooking fats used in some regional Chinese cuisines, valued for adding a rich depth of flavor that's difficult to replicate with other oils.

Note: Always preheat your wok before adding oil to help prevent sticking and ensure proper searing.

3. Fermented Pastes & Condiments

Fermentation plays a key role in building bold wok flavors. Just a small amount of the right paste can completely transform a dish.

- **Fermented Bean Paste (Doubanjiang):** Spicy, salty, and deeply savory—an essential ingredient in Sichuan-style cooking.
- **Fermented Black Beans (Douchi):** Strong umami flavor with a slightly bitter edge, typically rinsed and chopped before use.
- **Hoisin Sauce:** Thick, sweet, and tangy, commonly used in marinades and as a glaze for meats.
- **Oyster Sauce:** Savory and mildly sweet, with a deep umami flavor. It's a staple ingredient for vegetable stir-fries.
- **Chili Bean Sauce (La Doubanjiang):** A spicier variation of doubanjiang that adds both heat and depth to dishes.

With these pantry essentials in your kitchen, you're always only a few ingredients away from a flavorful wok-cooked meal. They serve as the foundation for countless sauces, stir-fries, and marinades—versatile, impactful, and deeply rooted in culinary tradition.

Now that you're familiar with the essential tools and pantry staples that underpin wok cooking, it's time to raise the heat. Understanding the basics of equipment and ingredients sets you up for success—but the real transformation begins when you start stirring, tossing, and sizzling in the pan.

In the chapters ahead, you'll find recipes organized by technique and meal type, each designed to help you build confidence and skill. From quick beef stir-fries to aromatic noodle dishes and hearty braises, these recipes bring together the flavors and tools you've just learned about.

So heat up your wok, prepare your sauces, and grab your spatula—it's time to start cooking!

All calorie and nutrition calculations in this book are estimates only.

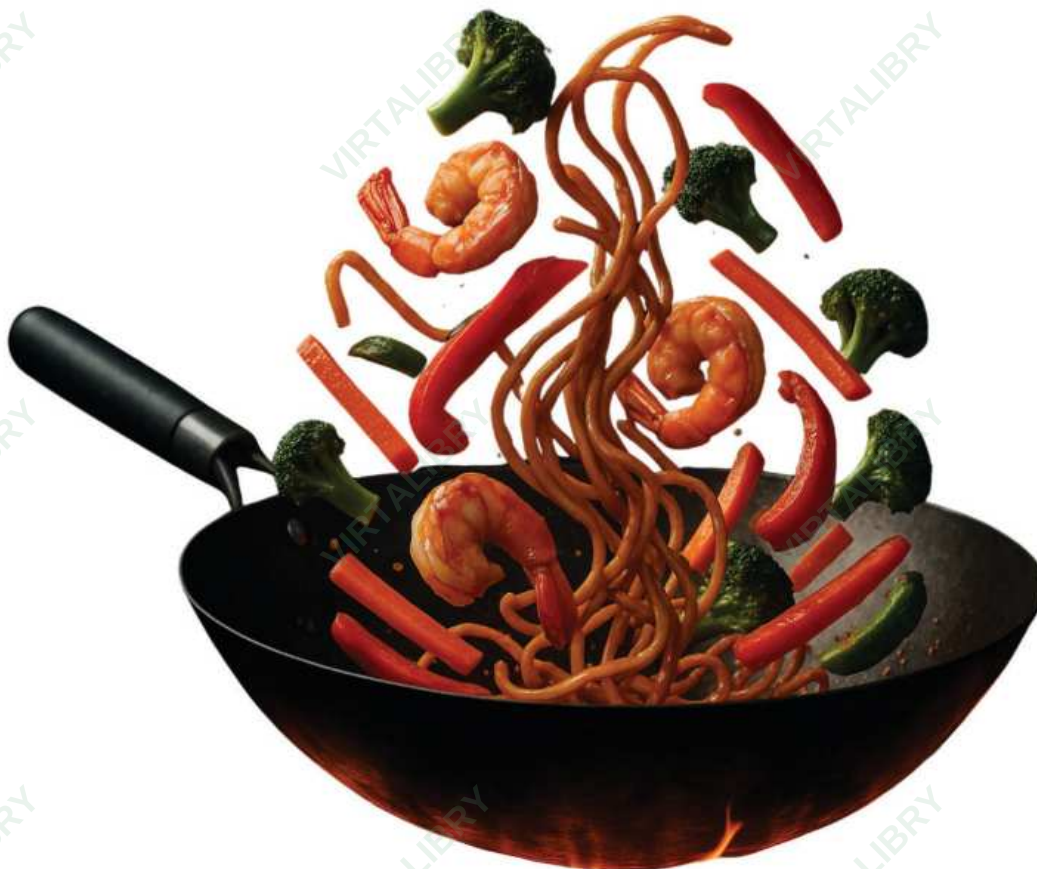
The calorie content and nutritional values of the same ingredient can vary significantly depending on the brand and manufacturer. Even everyday items like cooking oils, dairy products, sauces, or packaged goods often show noticeably different numbers on their labels from one brand to the next.

Because of this, the actual calories in a finished dish may differ from what's listed in the recipe by 15–20% or more.

It is recommended to always check the nutrition label on the specific products being used.

This book is meant to be a source of culinary ideas and inspiration — not a precise calorie-counting guide.

Happy cooking!





STIR-FRIES

BEEF STIR-FRIES

THAI BASIL BEEF STIR-FRY (PAD KRA PAO)

Spicy, fragrant, and herb-packed—this Thai-inspired stir-fry delivers a bold burst of flavor.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) ground beef (85% lean)
- 1 cup (50 g) fresh Thai basil leaves (or regular basil in a pinch)
- 1 small red chili (1 tsp/10 g), thinly sliced (or ½ tsp / 0.5 g chili flakes)
- 3 garlic cloves, minced
- 1 shallot (⅓ cup/40 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) oyster sauce
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) water
- 1 tsp (5 ml) lime juice
- 2 fried eggs (optional, for serving)



Nutritional Value (per serving, without egg):

Calories: 340 kcal | Protein: 24 g | Fat: 22 g
Saturated Fat: 6 g | Carbohydrates: 10 g | Fiber: 1 g
Sodium: 1,200 mg

Instructions:

1. In a small bowl, combine the oyster sauce, fish sauce, sugar, water, and lime juice. Set aside.
2. Heat the oil in a wok over high heat. Add the garlic, shallot, and chili, and stir-fry for about 30 seconds, until fragrant.
3. Add the ground beef, breaking it up with a spatula, and cook for 3–4 minutes until browned and slightly crispy.
4. Pour in the sauce and cook for about 1 minute, stirring until the beef is fully coated. Turn off the heat and add the basil, stirring just until it wilts.
5. Serve with rice, and top with a fried egg if desired.

MONGOLIAN BEEF STIR-FRY

Sweet, sticky, and gently spicy beef with green onions—beautifully caramelized in a wok.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) flank steak, thinly sliced against the grain
- 3 green onions (45 g), cut into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) vegetable oil, divided
- 2 garlic cloves, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) low-sodium soy sauce
- 2 tbsp (30 ml) water
- 1 tbsp (15 g) brown sugar
- ½ tsp (1 g) red pepper flakes
- 1 tsp (5 ml) sesame oil
- 1 tsp (3 g) cornstarch

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 26 g | Fat: 16 g | Fiber: 1 g
Saturated Fat: 3 g | Carbohydrates: 18 g | Sodium: 900 mg

Instructions:

1. In a bowl, combine the soy sauce, water, brown sugar, red pepper flakes, sesame oil, and cornstarch. Mix well and set aside.
2. Heat 1 tbsp (15 ml) of vegetable oil in a wok over high heat. Add the beef and stir-fry for about 2 minutes, until browned but still slightly undercooked. Remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the wok. Stir-fry the garlic and ginger for about 30 seconds, until fragrant.
4. Pour in the prepared sauce and cook for about 1 minute, until it thickens.
5. Return the beef to the wok, add the green onions, and toss everything together for 1–2 minutes, until the beef is fully cooked and evenly coated.

HONEY GARLIC BEEF STIR-FRY

Sweet, glossy, and garlicky beef paired with crisp snap peas—ready in minutes for a crowd-pleasing meal.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) sirloin steak, thinly sliced against the grain
- 1 cup (100 g) snap peas, trimmed
- ½ medium carrot (½ cup/50 g), julienned
- 2 tbsp (30 ml) vegetable oil, divided
- 4 garlic cloves, minced
- 2 tbsp (30 ml) honey
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (2 g) red pepper flakes
- 1 tsp (3 g) cornstarch
- 2 tbsp (30 ml) water
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) sesame seeds (for garnish)

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 28 g | Fat: 16 g | Fiber: 3 g
Saturated Fat: 3 g | Carbohydrates: 32 g | Sodium: 850 mg

Instructions:

1. In a small bowl, whisk together the honey, soy sauce, rice vinegar, red pepper flakes, cornstarch, water, and sesame oil. Set aside.
2. Heat 1 tbsp (15 ml) of vegetable oil in a wok over high heat. Add the beef and stir-fry for about 2 minutes, until browned but still slightly undercooked. Remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the wok. Stir-fry the garlic for about 30 seconds, until fragrant, then add the snap peas and carrot. Cook for 2 minutes until crisp-tender.
4. Pour in the prepared sauce and cook for about 1 minute, until it thickens. Return the beef to the wok and toss everything together for 1–2 minutes, until glossy and evenly coated.
5. Finish with a sprinkle of sesame seeds and serve right away.



SZECHUAN BEEF STIR-FRY

Bold, spicy, and tingling with flavor—this Szechuan-style beef stir-fry delivers a fiery kick.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) flank steak, thinly sliced against the grain
- 1 cup (70 g) sliced shiitake mushrooms
- ½ red bell pepper (⅔ cup/75 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil, divided
- 2 garlic cloves, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 tbsp (15 ml) Szechuan sauce (or substitute with 1 tbsp (10 ml) soy sauce + ½ tsp (1.5 g) chili paste)
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (1 g) Szechuan peppercorns, crushed (optional for numbing spice)
- ¼ cup (60 ml) water
- 1 tsp (3 g) cornstarch
- 1 tsp (5 ml) sesame oil
- 2 green onions (½ cup/30 g), sliced



Nutritional Value (per serving):

Calories: 330 kcal | Protein: 26 g | Fat: 17 g | Fiber: 3 g
Saturated Fat: 3 g | Carbohydrates: 18 g | Sodium: 880 mg

Instructions:

1. In a small bowl, whisk together the Szechuan sauce, hoisin sauce, rice vinegar, water, cornstarch, and sesame oil. Set aside.
2. Heat 1 tbsp (15 ml) of vegetable oil in a wok over high heat. Add the beef and stir-fry for about 2 minutes, until browned but still slightly undercooked. Remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the wok. Stir-fry the garlic, ginger, and Szechuan peppercorns (if using) for about 30 seconds, until fragrant.
4. Add the mushrooms and bell pepper, then stir-fry for about 2 minutes, until they begin to soften.
5. Pour in the prepared sauce and cook for about 1 minute, until it thickens. Return the beef to the wok, add the green onions, and toss everything together for another 1–2 minutes, until the beef is fully cooked and evenly coated.

BLACK PEPPER BEEF STIR-FRY

A bold, peppery stir-fry featuring tender beef, crisp bell peppers, and a rich, spicy sauce.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) sirloin steak, thinly sliced against the grain
- 1 medium bell pepper (1¼ cups/150 g), thinly sliced (any color)
- ½ small onion (50 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil, divided
- 3 garlic cloves, minced
- 1 tbsp (6 g) freshly ground black pepper
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 g) brown sugar
- ¼ cup (60 ml) beef broth
- 1 tsp (3 g) cornstarch
- 1 tsp (5 ml) sesame oil



Nutritional Value (per serving):

Calories: 350 kcal | Protein: 27 g | Fat: 18 g | Fiber: 3 g
Saturated Fat: 4 g | Carbohydrates: 16 g | Sodium: 920 mg

Instructions:

1. In a small bowl, combine the soy sauce, oyster sauce, brown sugar, beef broth, cornstarch, and sesame oil. Mix well and set aside.
2. Heat 1 tbsp (15 ml) of vegetable oil in a wok over high heat. Add the beef and stir-fry for about 2 minutes, until browned but still slightly undercooked. Remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the wok. Stir-fry the garlic and black pepper for about 30 seconds, until fragrant.
4. Add the bell pepper and onion, then stir-fry for about 2 minutes, until they begin to soften.
5. Pour in the sauce and cook for about 1 minute, until it thickens. Return the beef to the wok and toss everything together for another 1–2 minutes, until the beef is fully cooked and well coated.



CLASSIC BEEF & BROCCOLI STIR-FRY

Tender beef and crisp broccoli in a savory garlic-ginger sauce—fast, healthy, and full of flavor.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) flank steak, thinly sliced against the grain
- 2 cups (150 g) broccoli florets
- 2 tbsp (30 ml) vegetable oil, divided
- 2 garlic cloves, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) cornstarch
- ¼ cup (60 ml) water
- ½ tsp (1 g) red pepper flakes (optional)

Nutritional Value (per serving):

Calories: 340 kcal | Protein: 28 g | Fat: 18 g | Fiber: 3 g
Saturated Fat: 4 g | Carbohydrates: 15 g | Sodium: 950 mg

Instructions:

1. In a small bowl, whisk together the oyster sauce, soy sauce, hoisin sauce, sesame oil, cornstarch, and water. Set aside.
2. Heat 1 tbsp (15 ml) of vegetable oil in a wok over high heat. Add the beef and stir-fry for about 2 minutes, until browned but not fully cooked. Remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the wok. Stir-fry the garlic, ginger, and red pepper flakes (if using) for about 30 seconds, until aromatic.
4. Add the broccoli and cook for 2 minutes. Pour in the sauce and let it cook for about 1 minute, until it begins to thicken.
5. Return the beef to the wok and toss everything together for another 1–2 minutes, until the beef is fully cooked and evenly coated in the sauce.



CHICKEN STIR-FRIES

LEMON-GARLIC CHICKEN STIR-FRY

Bright, zesty, and garlicky—this light, flavorful stir-fry is ideal for a quick and refreshing meal.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) boneless chicken breast, thinly sliced
- 1 small zucchini (1 cup/100 g), sliced into half-moons
- ½ cup (60 g) red onion, thinly sliced
- 4 garlic cloves, minced
- 1 lemon (zested + juiced)
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) honey
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- ½ tsp (0.5 g) red chili flakes (optional)
- Fresh cilantro (2 tbsp/5 g), chopped



Nutritional Value (per serving):

Calories: 310 kcal | Protein: 28 g | Fat: 14 g | Fiber: 2 g
Saturated Fat: 2 g | Carbohydrates: 18 g | Sodium: 950 mg

Instructions:

1. In a bowl, combine the soy sauce, honey, lemon zest, lemon juice (2 tbsp), and cornstarch slurry. Mix well and set aside.
2. Heat the oil in a wok over high heat. Add the garlic and red onion, and stir-fry for about 30 seconds, until fragrant.
3. Add the chicken and cook for about 3 minutes, until no longer pink. Add the zucchini and stir-fry for 1 minute.
4. Pour in the sauce and stir continuously for about 1 minute, until it thickens. Add chili flakes if desired.
5. Finish with cilantro and serve with jasmine rice or noodles.

GINGER-SCALLION CHICKEN STIR-FRY

Savory, aromatic, and packed with fresh ingredients—this Cantonese classic is both simple and full of flavor.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) boneless chicken breast, thinly sliced
- 3 scallions (4 tbsp/30 g), cut into 2-inch (5 cm) pieces (white and green parts separated)
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 g) grated ginger
- 3 garlic cloves, minced
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) sugar
- ½ tsp (2.5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water



Nutritional Value (per serving):

Calories: 290 kcal | Protein: 30 g | Fat: 14 g | Fiber: 1 g
Saturated Fat: 2 g | Carbohydrates: 8 g | Sodium: 1,000 mg

Instructions:

1. In a small bowl, combine the soy sauce, Shaoxing wine, sugar, sesame oil, and cornstarch slurry. Mix well and set aside.
2. Heat the oil in a wok over high heat. Add the ginger and garlic, and stir-fry for about 15 seconds, until fragrant.
3. Add the chicken and cook for 3–4 minutes, until it is no longer pink inside.
4. Stir in the white parts of the scallions and cook for about 30 seconds. Pour in the sauce and toss for about 1 minute, until glossy.
5. Add the green parts of the scallions, and serve hot over rice or noodles.

HONEY-SESAME CHICKEN STIR-FRY

Sweet and sticky with a hint of nuttiness, this dish is a takeout classic made lighter at home.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) boneless chicken breast, thinly sliced
- 1 tbsp (15 g) sesame seeds
- ½ cup (60 g) carrots, julienned
- ½ cup (50 g) snap peas
- 2 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) honey
- 1 tbsp (15 ml) rice vinegar
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 1 scallion (1 tbsp/10 g), sliced

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 25 g | Fat: 12 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 25 g | Sodium: 950 mg

Instructions:

1. In a bowl, combine the soy sauce, honey, rice vinegar, sesame oil, and cornstarch slurry. Mix well and set aside.
2. Heat the oil in a wok over high heat. Add the garlic and stir-fry for about 15 seconds, until fragrant.
3. Add the chicken and cook for about 3 minutes, until opaque. Add the carrots and snap peas, then stir-fry for 2 minutes.
4. Pour in the sauce and stir for about 1 minute, until it thickens and evenly coats the chicken. Sprinkle with sesame seeds.
5. Finish with green onions and serve with rice or noodles.

SZECHUAN CHILI CHICKEN STIR-FRY

Fiery, numbing, and addictive—this Szechuan classic delivers bold spice and tender chicken in every bite.



Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) boneless chicken thighs, thinly sliced
- 1 tbsp (15 g) Szechuan peppercorns, lightly crushed
- 2 dried red chilies (1 tbsp/5 g), chopped (or 1 tsp (1 g) chili flakes)
- ½ red bell pepper (½ cup/60 g), thinly sliced
- 3 garlic cloves, minced
- 1 tbsp (15 g) ginger, julienned
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) black vinegar (or rice vinegar)
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 scallion (1 tbsp/10 g), sliced

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 26 g | Fat: 24 g | Fiber: 2 g
Saturated Fat: 4 g | Carbohydrates: 14 g | Sodium: 1,000 mg

Instructions:

1. In a small bowl, combine the soy sauce, hoisin sauce, vinegar, sugar, and sesame oil. Mix well and set aside.
2. Heat the oil in a wok over high heat. Add the Szechuan peppercorns and dried chilies, and stir-fry for about 20 seconds until fragrant, taking care not to burn them.
3. Add the garlic and ginger, and stir-fry for about 10 seconds. Then add the chicken and cook for about 3 minutes, until browned.
4. Add the bell pepper and stir-fry for about 1 minute, stirring constantly. Pour in the sauce and toss until everything is glossy and well coated, about 1 minute.
5. Finish with scallions and serve with steamed rice.



KUNG PAO CHICKEN

Sweet, spicy, and nutty—this Sichuan classic delivers a perfect balance of heat and crunch in every bite.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) boneless chicken thighs, cut into ½-inch (1.25 cm) cubes
- ¼ cup (35 g) roasted peanuts
- 1 small red bell pepper (⅔ cup/80 g), diced
- 2 dried red chilies (1 tbsp/5 g), halved (or ½ tsp/0.5 g) chili flakes)
- 2 garlic cloves, minced
- 1 tsp (5 g) grated ginger
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 2 scallions (2 tbsp/20 g), sliced



Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 26 g | Fiber: 3 g
Saturated Fat: 4 g | Carbohydrates: 18 g | Sodium: 900 mg

Instructions:

1. In a small bowl, combine the soy sauce, rice vinegar, hoisin sauce, sugar, sesame oil, and cornstarch slurry. Mix well and set aside.
2. Heat the oil in a wok over high heat. Add the dried chilies, garlic, and ginger, and stir-fry for about 20 seconds, until fragrant.
3. Add the chicken and cook for 3–4 minutes, until browned and nearly cooked through.
4. Add the bell pepper and stir-fry for about 1 minute. Pour in the sauce along with the peanuts, stirring until the sauce thickens, about 1 minute.
5. Finish with scallions and serve over rice.

CASHEW CHICKEN STIR-FRY

Rich cashews, tender chicken, and a glossy sauce come together in this easy, crowd-pleasing dish.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) boneless chicken thighs, cut into ½-inch (1.25 cm) cubes
- ½ cup (50 g) roasted cashews
- 1 small red bell pepper (⅔ cup/80 g), diced
- ½ cup (50 g) broccoli florets
- 2 garlic cloves, minced
- 1 tbsp (15 g) grated ginger
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) cornstarch mixed with 2 tbsp (30 ml) water
- 2 scallions (2 tbsp/20 g), sliced



Nutritional Value (per serving):

Calories: 450 kcal | Protein: 30 g | Fat: 28 g | Fiber: 3 g
Saturated Fat: 5 g | Carbohydrates: 20 g | Sodium: 1,100 mg

Instructions:

1. In a small bowl, whisk together the soy sauce, oyster sauce, sugar, sesame oil, and cornstarch slurry. Set aside.
2. Heat the oil in a wok over high heat. Add the garlic and ginger, and stir-fry for about 20 seconds, until fragrant.
3. Add the chicken and cook for 3–4 minutes, until browned. Add the bell pepper and broccoli, then stir-fry for about 2 minutes, until crisp-tender.
4. Pour in the sauce and add the cashews, stirring for about 1 minute, until the sauce thickens and coats everything evenly. Garnish with scallions.
5. Serve over steamed rice.



PORK STIR-FRIES

TWICE-COOKED PORK (HUI GUO ROU)

A Sichuan classic with tender pork belly, bold spices, and fermented bean paste, delivering a rich, savory-sweet flavor.



Time to prepare: 15 min | **Time to cook:** 15 min

Ingredients:

- ½ lb (225 g) pork belly, skin-on
- 1 small leek (1 cup/100 g), sliced diagonally
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 g) fermented chili bean paste (doubanjiang)
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) dark soy sauce
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, sliced
- ½ tsp (2 g) Sichuan peppercorns, crushed (optional)
- ¼ cup (60 ml) water

Nutritional Value (per serving):

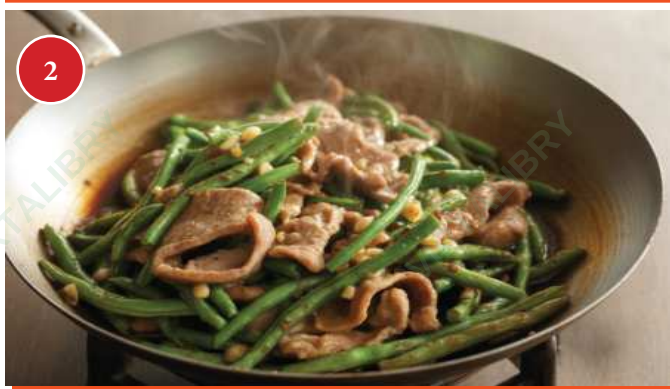
Calories: 450 kcal | Protein: 18 g | Fat: 38 g | Fiber: 1 g
Saturated Fat: 12 g | Carbohydrates: 8 g | Sodium: 900 mg

Instructions:

1. In a pot, simmer the pork belly in water for about 20 minutes, until just tender. Let it cool, then slice into ¼-inch (0.6 cm) pieces.
2. Heat the oil in a wok over medium-high heat. Add the pork slices and cook for a few minutes until the edges turn lightly crisp. Drain excess oil if necessary.
3. Push the pork to one side, then add the garlic, ginger, and bean paste. Stir-fry for about 30 seconds until fragrant, then mix everything together.
4. Add the soy sauces, sugar, and Sichuan peppercorns, tossing to combine.
5. Add the leeks and a splash of water. Stir-fry for about 2 minutes, until the leeks soften. Serve hot.

GARLIC PORK STIR-FRY WITH GREEN BEANS

A quick, savory stir-fry featuring tender garlic-infused pork paired with crisp green beans for a well-balanced meal.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) pork loin, thinly sliced
- 1 cup (100 g) green beans, trimmed and halved
- 4 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) black pepper
- 2 tbsp (30 ml) water

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 26 g | Fat: 14 g | Fiber: 3 g
Saturated Fat: 8 g | Carbohydrates: 2 g | Sodium: 850 mg

Instructions:

1. Heat the oil in the wok over high heat until it is hot. Add the garlic and stir-fry for about 10 seconds, until fragrant.
2. Add the pork slices and cook for around 2–3 minutes, until they are no longer pink.
3. Add the green beans and continue stir-frying for about 2 minutes.
4. Stir in the oyster sauce, soy sauce, sugar, black pepper, and water. Cook for 1–2 minutes, until the beans are tender-crisp.
5. Finish with a drizzle of sesame oil and serve warm.



SWEET & SOUR PORK STIR-FRY

Crispy pork coated in a tangy, vibrant sauce with bell peppers and pineapple—perfectly balanced and full of flavor.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) pork shoulder or loin, cut into 1-inch (2.5 cm) cubes
- ½ cup (75 g) bell peppers (red/green), diced
- ½ cup (75 g) pineapple chunks (fresh or canned)
- 3 tbsp (45 ml) vegetable oil (for frying)
- 2 tbsp (20 g) cornstarch
- 1 clove garlic, minced
- 1 tsp (5 g) ginger, grated
- 3 tbsp (45 ml) ketchup
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) brown sugar
- ¼ cup (60 ml) water
- 1 tsp (5 g) cornstarch (slurry)



Nutritional Value (per serving):

Calories: 420 kcal | Protein: 25 g | Fat: 22 g | Fiber: 2 g
Saturated Fat: 5 g | Carbohydrates: 30 g | Sodium: 800 mg

Instructions:

1. Toss the pork cubes in cornstarch until evenly coated.
2. Heat the oil in a wok over high heat. Sear the pork in batches until golden, about 3–4 minutes per batch. Drain on paper towels.
3. In a bowl, mix together ketchup, vinegar, soy sauce, sugar, water, and cornstarch slurry.
4. Stir-fry the garlic and ginger for about 30 seconds, then add the bell peppers and pineapple and cook for 2 minutes.
5. Pour in the sauce and let it simmer until thickened. Add the pork back in and toss to coat evenly. Serve immediately.

SPICY SICHUAN PORK WITH PEANUTS (GONG BAO PORK)

A fiery, flavorful classic featuring tender pork and crunchy peanuts in a bold, tongue-tingling Sichuan sensation.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) pork tenderloin, diced
- ¼ cup (40 g) roasted peanuts
- 1 small red bell pepper (⅔ cup/75 g), diced
- 2 dried red chilies (1 tbsp/5 g), halved
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) Sichuan peppercorns
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tbsp (15 g) sugar
- 1 tsp (5 ml) hoisin sauce
- 1 tsp (5 g) cornstarch
- 2 tbsp (30 ml) water



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 28 g | Fat: 20 g | Fiber: 3 g
Saturated Fat: 4 g | Carbohydrates: 18 g | Sodium: 750 mg

Instructions:

1. In a bowl, combine the soy sauce, black vinegar, sugar, hoisin sauce, cornstarch, and water in a bowl. Mix well and set aside.
2. Warm the oil in a wok over high heat. Add the Sichuan peppercorns and dried chilies, and stir-fry for about 20 seconds until fragrant.
3. Add the pork and stir-fry for around 3 minutes, until browned.
4. Add the garlic, ginger, and bell pepper, and stir-fry for 1 minute.
5. Pour in the sauce and toss until it thickens. Stir in the peanuts and serve immediately.



SEAFOOD STIR-FRIES

CRISPY SALT & PEPPER WHITEBAIT WITH FRIED GARLIC

Light and crispy fried whitebait tossed with fragrant garlic and a hint of Sichuan pepper—an irresistible snack or perfect rice topping.



Time to prepare: 10 min | **Time to cook:** 6 min

Ingredients:

- ½ lb (225 g) fresh whitebait (or smelt), patted dry
- ¼ cup (30 g) cornstarch
- ½ tsp (3 g) sea salt
- ½ tsp (2 g) black pepper
- ½ tsp (2 g) Sichuan peppercorns, ground
- 4 garlic cloves, thinly sliced
- 1 red chili (1 tsp/10 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 scallion (1 tbsp/10 g), sliced
- Lime wedges, for serving

Nutritional Value (per serving):

Calories: 310 kcal | Protein: 20 g | Fat: 16 g | Fiber: 1 g
Saturated Fat: 2 g | Carbohydrates: 18 g | Sodium: 700 mg

Instructions:

1. Toss the whitebait with cornstarch, salt, and black pepper, then shake off any excess.
2. Warm the oil in the wok over high heat until it becomes hot. Fry the garlic for about 30 seconds, until golden, then remove it with a slotted spoon.
3. Using the same oil, fry the whitebait in batches for 2–3 minutes, until crisp. Drain on paper towels.
4. Return all the whitebait to the wok. Add the garlic, chili, and Sichuan pepper, and cook briefly—about 30 seconds.
5. Top with scallions and serve with lime wedges.

SALT & PEPPER SQUID

Crispy, golden squid packed with bold garlic, chili, and Sichuan peppercorn flavors.



Time to prepare: 15 min | **Time to cook:** 5 min

Ingredients:

- ½ lb (225 g) squid tubes and tentacles, sliced into rings
- ¼ cup (30 g) cornstarch
- ½ tsp (3 g) sea salt
- ½ tsp (2 g) black pepper
- ½ tsp (2 g) Sichuan peppercorns, crushed (optional)
- 1 small red chili (1 tsp/10 g), thinly sliced
- 2 garlic cloves, minced
- 2 scallions (2 tbsp/20 g), sliced
- 2 tbsp (30 ml) vegetable oil
- Lime wedges, for serving

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 22 g | Fat: 12 g | Fiber: 1 g
Saturated Fat: 2 g | Carbohydrates: 18 g | Sodium: 600 mg

Instructions:

1. Pat the squid dry, then toss it with cornstarch, salt, and black pepper until evenly coated.
2. Heat the oil in a wok over high heat until shimmering. Working in batches, fry the squid for 1–2 minutes, until golden and crisp. Drain on paper towels.
3. Pour off excess oil, leaving about 1 tbsp (15 ml) in the wok. Add the garlic, chili, and Sichuan peppercorns, and stir-fry for about 30 seconds.
4. Return the squid to the wok, toss with scallions, and cook for about 30 seconds.
5. Serve immediately with lime wedges on the side.



SINGAPORE-STYLE CHILI CRAB STIR-FRY

Sweet, spicy, and tangy, this iconic crab dish comes together quickly in a wok, finished with a rich, egg-thickened sauce.

Time to prepare: 15 min | **Time to cook:** 12 min

Ingredients:

- 1 lb (450 g) fresh blue crab, cleaned and cut into pieces (or 2 large Dungeness crab clusters)
- 2 tbsp (30 ml) vegetable oil
- 3 garlic cloves, minced
- 1 tbsp (15 g) ginger, minced
- 1 red chili (1 tsp/10 g), sliced
- 2 tbsp (30 ml) tomato ketchup
- 1 tbsp (15 ml) chili garlic sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ cup (120 ml) chicken stock
- 1 egg, lightly beaten
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water
- 2 scallions (2 tbsp/20 g), sliced
- 1 tbsp (15 ml) lime juice



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 32 g | Fat: 18 g | Fiber: 1 g
Saturated Fat: 3 g | Carbohydrates: 15 g | Sodium: 1,300 mg

Instructions:

1. In a bowl, combine the ketchup, chili garlic sauce, soy sauce, sugar, and chicken stock. Mix well and set aside.
2. Warm the oil in the wok over high heat until it becomes hot. Add the garlic, ginger, and chili, and stir-fry for about 30 seconds, until fragrant.
3. Add the crab and cook, stirring, for about 2 minutes, until the shells turn red. Pour in the sauce and let it simmer for about 5 minutes.
4. Stir in the cornstarch slurry to thicken, then drizzle in the beaten egg in a circular motion to create ribbons.
5. Finish with scallions and a squeeze of lime juice. Serve with mantou buns or rice.

SHRIMP WITH LOBSTER SAUCE

A Cantonese-American classic with plump shrimp in a rich, savory sauce, finished with delicate ribbons of egg.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) large shrimp, peeled and deveined
- 2 oz (60 g) ground pork (optional)
- 1 cup (240 ml) chicken stock
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, minced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) fermented black bean sauce (or 1 tsp black beans, rinsed and mashed)
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) white pepper
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water
- 1 egg, lightly beaten
- 2 scallions (2 tbsp/20 g), sliced



Nutritional Value (per serving):

Calories: 320 kcal | Protein: 28 g | Fat: 18 g | Fiber: 1 g
Saturated Fat: 3 g | Carbohydrates: 8 g | Sodium: 1,100 mg

Instructions:

1. Combine the chicken stock, soy sauce, sugar, white pepper, and sesame oil in a bowl. Mix well and set aside.
2. Warm the oil in the wok over high heat until it is hot. Add the garlic, ginger, and black bean sauce, and stir-fry for about 30 seconds.
3. Add the pork (if using) and shrimp, and stir-fry for about 2 minutes, until the shrimp turns pink. Deglaze with Shaoxing wine.
4. Add the broth mixture and let it simmer gently until it begins to bubble. Stir in the cornstarch slurry to thicken.
5. Slowly drizzle in the beaten egg, gently swirling to create ribbons. Garnish with scallions.
6. Serve over steamed rice.



SPICY GARLIC BLACK PEPPER SHRIMP

Spicy, garlicky shrimp with a bold hit of black pepper—simple, yet packed with powerful flavor.



2

Time to prepare: 10 min | **Time to cook:** 6 min

Ingredients:

- ½ lb (225 g) large shrimp, peeled and deveined
- 4 garlic cloves, minced
- 1 red Fresno chili (15 g), thinly sliced (or ½ tsp/0.5 g) chili flakes
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) butter
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 ml) fish sauce
- 1 tsp (5 g) freshly cracked black pepper
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) water
- ¼ cup (10 g) cilantro, chopped

Nutritional Value (per serving):

Calories: 250 kcal | Protein: 23 g | Fat: 14 g | Fiber: 1 g
Saturated Fat: 5 g | Carbohydrates: 7 g | Sodium: 1,000 mg

Instructions:

1. Combine the oyster sauce, fish sauce, black pepper, sugar, and water in a bowl. Mix well and set aside.
2. Warm the oil and butter in a wok over high heat until melted and hot. Add the garlic and chili, and sauté for about 30 seconds, until fragrant.
3. Add the shrimp and stir-fry for about 2 minutes, until they turn pink while staying tender.
4. Pour in the sauce and toss for about 1 minute, until the shrimp are well coated and glossy.
5. Finish with fresh cilantro and serve with lime wedges on the side.

XO SAUCE SCALLOPS WITH SNOW PEAS

Plump, perfectly seared scallops tossed in rich XO sauce with crisp snow peas—an elegant, restaurant-quality dish made in minutes.



2

Time to prepare: 10 min | **Time to cook:** 8 min

Ingredients:

- ½ lb (225 g) fresh sea scallops, patted dry
- 1 cup (100 g) snow peas, trimmed
- 1 tbsp (15 ml) XO sauce
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, julienned
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- 1 scallion (1 tbsp/10 g), sliced diagonally
- 1 tsp (5 ml) sesame oil

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 25 g | Fat: 16 g | Fiber: 2 g
Saturated Fat: 2 g | Carbohydrates: 9 g | Sodium: 850 mg

Instructions:

1. In a small-sized bowl, combine the XO sauce, soy sauce, and sugar. Mix well and set aside.
2. Heat 1 tbsp (15 ml) of oil in a wok over high heat. Sear the scallops for 1–2 minutes per side, until a golden crust forms.
3. Add the remaining oil to the wok. Stir-fry the garlic, ginger, and snow peas for about 1 minute, then deglaze with Shaoxing wine.
4. Return the scallops to the wok, add the XO sauce mixture, and toss everything together for about 30 seconds. Finish with a drizzle of sesame oil and garnish with scallions.
5. Serve immediately over steamed jasmine rice.



TOFU & VEG STIR-FRIES

MISO-GLAZED TOFU & ASPARAGUS STIR-FRY

Rich, savory, and gently sweet—this Japanese-inspired dish delivers pure umami flavor.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) firm tofu, pressed and cubed
- 1 cup (100 g) asparagus, trimmed and cut into 2-inch (5cm) pieces
- 1 tbsp (15 g) white miso paste
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) grated ginger
- 1 garlic clove, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) sesame seeds (garnish)



Nutritional Value (per serving):

Calories: 240 kcal | Protein: 14 g | Fat: 14 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 14 g | Sodium: 900 mg

Instructions:

1. Whisk together the miso, mirin, soy sauce, and sesame oil in a bowl. Set aside.
2. Heat the oil in a wok over high heat. Add the tofu and fry for about 3 minutes, until lightly browned and crisp. Remove and set aside.
3. In the same wok, stir-fry the garlic and ginger for about 10 seconds, then add the asparagus and cook for about 2 minutes, until brightly colored.
4. Return the tofu to the wok, pour in the sauce, and toss for 1–2 minutes, until everything is glazed.
5. Sprinkle with sesame seeds and serve with steamed rice.

DRY-FRIED GARLIC EGGPLANT & GREEN BEANS

Crisp-tender vegetables coated in a smoky, garlicky glaze—prepared using the Sichuan-style dry-frying technique.

Time to prepare: 10 min | **Time to cook:** 12 min

Ingredients:

- 1 small eggplant (1½ cups/200 g), cut into 2-inch (2.5 cm) batons
- 1 cup (100 g) green beans, trimmed
- 3 garlic cloves, minced
- 1-inch (2.5 cm) ginger, julienned
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Chinkiang vinegar (or balsamic)
- 1 tsp (5 g) sugar
- ½ tsp (0.5 g) red chili flakes
- 3 tbsp (45 ml) vegetable oil (divided)
- ¼ tsp (1 g) salt



Nutritional Value (per serving):

Calories: 220 kcal | Protein: 4 g | Fat: 16 g | Fiber: 6 g
Saturated Fat: 1 g | Carbohydrates: 18 g | Sodium: 600 mg

Instructions:

1. Toss the eggplant with salt and let it sit for 5 minutes, then pat dry with paper towels.
2. Heat 2 tbsp (30 ml) of oil in a wok over high heat. Add the green beans and stir-fry until blistered, about 4 minutes, then set aside.
3. Add the remaining oil and the eggplant, frying for about 5 minutes until golden. Push to the sides of the wok.
4. Add the garlic, ginger, and chili flakes to the center, and stir-fry for about 10 seconds, until fragrant.
5. Return the green beans to the wok. Add the soy sauce, vinegar, and sugar, and stir for about 1 minute, until everything is evenly coated. Serve hot.



SWEET & SOUR PINEAPPLE TOFU STIR-FRY

Bright, tangy, and gently spicy—this stir-fry recreates takeout-style flavors in just minutes at home.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) extra-firm tofu, pressed and cubed
- 1 cup (150 g) fresh pineapple chunks
- ½ red bell pepper (½ cup/75 g), diced
- ½ green bell pepper (½ cup/75 g), diced
- ¼ red onion (¼ cup/40 g), sliced
- 2 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 2 tbsp (30 ml) ketchup
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- ½ tsp (0.5 g) red chili flakes
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 g) cornstarch + 1 tbsp (15 ml) water (slurry)
- 1 tbsp (8 g) toasted sesame seeds (garnish)

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 12 g | Fat: 16 g | Fiber: 4 g
Saturated Fat: 2 g | Carbohydrates: 35 g | Sodium: 700 mg

Instructions:

1. Whisk together the soy sauce, ketchup, rice vinegar, brown sugar, chili flakes, and cornstarch slurry in a bowl. Set aside.
2. Warm the oil in the wok over high heat until it's hot. Add the tofu and fry for around 3–4 minutes, until golden. Remove and set aside.
3. In the same wok, stir-fry the garlic and onion for about 30 seconds. Add the bell peppers and pineapple, and cook for 2 minutes.
4. Return the tofu to the wok, pour in the sauce, and toss for 1–2 minutes, until thickened and glossy.
5. Finish with sesame seeds and serve over jasmine rice.

BLACK PEPPER TOFU & MUSHROOM STIR-FRY

Savory, peppery, and rich in umami—this dish makes a satisfying plant-based meal.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) firm tofu, pressed and cut into ½-inch cubes
- 1 cup (70 g) shiitake mushrooms, sliced
- 1 small bell pepper (¾ cup/100 g), thinly sliced
- 3 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) freshly ground black pepper
- 1 tsp (5 g) sugar
- 2 tbsp (30 ml) vegetable oil
- 1 green onion (2 tbsp/15 g), sliced

Nutritional Value (per serving):

Calories: 270 kcal | Protein: 14 g | Fat: 16 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 16 g | Sodium: 850 mg

Instructions:

1. Combine the soy sauce, oyster sauce, Shaoxing wine, black pepper, and sugar in a bowl. Mix well and set aside.
2. Warm the oil in a wok over high heat. Add the tofu and cook for around 3–4 minutes, until golden. Remove and set aside.
3. In the same wok, stir-fry the garlic for about 10 seconds, then add the mushrooms and bell pepper. Cook for about 3 minutes, until tender.
4. Return the tofu to the wok, pour in the sauce, and toss for 1–2 minutes, until everything is evenly coated and glossy.
5. Finish with green onions and serve immediately over rice or noodles.



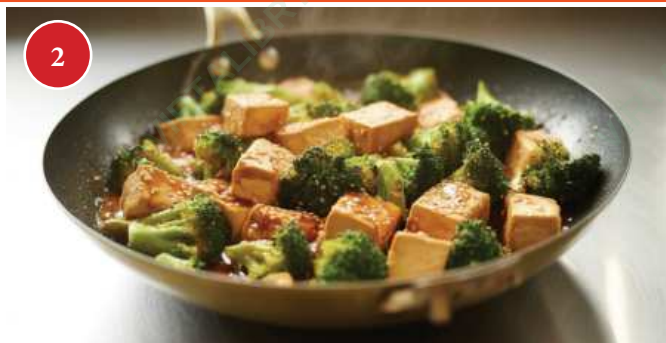
CRISPY TOFU & BROCCOLI STIR-FRY

Garlicky, lightly sweet, and full of crunch—this stir-fry is a quick weeknight favorite.

Time to prepare: 10 min | **Time to cook:** 12 min

Ingredients:

- ½ lb (225 g) firm tofu, pressed and cut into 1-inch cubes
- 2 cups (150 g) broccoli florets
- 3 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- ½ tsp (2 g) red pepper flakes
- 2 tbsp (30 ml) vegetable oil (divided)
- 1 tbsp (15 ml) water
- 1 tsp (5 g) cornstarch
- 1 tsp (5 g) toasted sesame seeds (for garnish)



Nutritional Value (per serving):

Calories: 290 kcal | Protein: 16 g | Fat: 18 g | Fiber: 4 g
Saturated Fat: 2 g | Carbohydrates: 18 g | Sodium: 800 mg

Instructions:

1. In a small-sized bowl, combine the soy sauce, hoisin sauce, rice vinegar, sugar, red pepper flakes, water, and cornstarch. Mix well and set aside.
2. Heat 1 tbsp (15 ml) of oil in a wok over high heat. Add the tofu in a single layer and cook for 3–4 minutes per side, until golden and crisp. Remove and set aside.
3. Add the remaining oil to the wok. Stir-fry the garlic for about 10 seconds, until fragrant, then add the broccoli. Cook for 3–4 minutes, until tender-crisp and bright green.
4. Return the tofu to the wok, pour in the sauce, and toss for about 1 minute, until everything is glossy and well coated.
5. Finish with sesame seeds and serve with steamed rice.

GARLIC BOK CHOY & SHIITAKE TOFU STIR-FRY

Earthy mushrooms and crisp bok choy in a garlicky, savory sauce—simple yet full of rich flavor.

Time to prepare: 10 min | **Time to cook:** 8 min

Ingredients:

- ½ lb (225 g) firm tofu, pressed and sliced into strips
- 2 cups (150 g) baby bok choy, halved lengthwise
- 1 cup (70 g) shiitake mushrooms, sliced
- 4 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) vegetarian oyster sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 g) cornstarch + 1 tbsp (15 ml) water (slurry)
- 1 red chili (optional), thinly sliced



Nutritional Value (per serving):

Calories: 280 kcal | Protein: 14 g | Fat: 18 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 16 g | Sodium: 750 mg

Instructions:

1. Combine the soy sauce, oyster sauce, sesame oil, sugar, and cornstarch slurry in a bowl. Mix well and set aside.
2. Warm the oil in a wok over high heat. Add the tofu and cook for 2–3 minutes per side, until crisp. Remove and set aside.
3. In the same wok, stir-fry the garlic and chili (if using) for about 10 seconds. Add the mushrooms and bok choy, and cook for 2–3 minutes, until just wilted.
4. Return the tofu to the wok, pour in the sauce, and toss for about 1 minute, until everything is evenly coated.
5. Serve immediately with steamed rice or noodles.

LEMONGRASS CHILI TOFU & KALE STIR-FRY

Bright, herbaceous, and spicy—this Vietnamese-inspired stir-fry delivers fresh, vibrant flavor in every bite.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) extra-firm tofu, pressed and cut into triangles
- 2 cups (60 g) curly kale, stems removed and torn
- 1 stalk lemongrass (3 tbsp/30 g), finely minced (white part only)
- 1 red chili (1 tbsp/10 g), thinly sliced
- 3 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fish sauce (or vegan fish sauce)
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) lime juice
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 ml) water

Nutritional Value (per serving):

Calories: 260 kcal | Protein: 15 g | Fat: 16 g | Fiber: 2 g
Saturated Fat: 2 g | Carbohydrates: 12 g | Sodium: 1,000 mg

Instructions:

1. Combine the soy sauce, fish sauce, sugar, lime juice, and water in a bowl. Mix well and set aside.
2. Heat the oil in a wok over medium-high heat. Add the tofu and cook for 3–4 minutes per side, until golden. Remove and set aside.
3. In the same wok, stir-fry the lemongrass, garlic, and chili for about 30 seconds, until fragrant.
4. Add the kale and toss for 1–2 minutes, until slightly wilted, then return the tofu to the wok.
5. Pour in the sauce and cook for about 1 minute, until everything is evenly coated. Serve with jasmine rice.

SPICY MAPO TOFU STIR-FRY

Silky tofu in a bold, numbing Sichuan sauce with minced pork—fiery, rich, and highly addictive.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) soft tofu, cut into 1-inch cubes
- 2 oz (60 g) ground pork (or omit for vegetarians)
- 1 tbsp (15 ml) Sichuan chili bean paste (doubanjiang)
- 1 tsp (5 g) fermented black beans, rinsed and chopped
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) dark soy sauce
- ½ cup (120 ml) vegetable broth
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, minced
- 2 green onions (3 tbsp/30 g), sliced (white and green parts separated)
- ½ tsp (2 g) Sichuan peppercorns, ground
- 2 tbsp (30 ml) vegetable oil
- ½ tsp (2 g) sugar

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 18 g | Fat: 18 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 10 g | Sodium: 900 mg

Instructions:

1. Combine the soy sauce, broth, sugar, and cornstarch slurry in a bowl. Mix well and set aside.
2. Heat the oil in a wok over medium-high heat. If using pork, cook it for about 2 minutes, breaking it into small pieces until browned, then remove from the pan.
3. In the same wok, add the chili bean paste, black beans, garlic, ginger, and the white parts of the green onions. Stir-fry for about 30 seconds, until fragrant.
4. Pour in the sauce and bring it to a simmer. Gently add the tofu cubes and let them simmer for about 3 minutes, taking care not to over-stir.
5. Top with the green onion greens and serve warm with rice.





RICE & NOODLES

FRIED RICE

VIETNAMESE LEMONGRASS CHICKEN FRIED RICE (CƠM CHIÊN GÀ SẢ)

Fragrant, citrusy, and herbaceous—this Vietnamese-style fried rice features lemongrass-marinated chicken.

Time to prepare: 15 minutes (incl. marinating)

Time to cook: 10 min

Ingredients:

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- 4 oz (120 g) chicken thigh, diced
- 1 stalk lemongrass (3 tbsp/30 g), tender part only, finely minced
- 1 small shallot (¼ cup/30 g), sliced
- 1 garlic clove, minced
- 1 red chili (1 tsp/10 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) turmeric powder
- 1 green onion (2 tbsp/15 g), sliced
- ¼ cup (10 g) cilantro, chopped
- Lime wedges, for serving



Nutritional Value (per serving, without egg):

Calories: 420 kcal | Protein: 24 g | Fat: 16 g
Saturated Fat: 3 g | Carbohydrates: 46 g | Fiber: 1 g
Sodium: 1,200 mg

Instructions:

1. Toss the chicken with lemongrass, 1 tbsp of oil, fish sauce, soy sauce, sugar, and turmeric. Let it marinate for 10 minutes.
2. Heat the remaining oil in a wok over high heat. Add the shallot, garlic, and chili, and stir-fry for about 30 seconds.
3. Add the marinated chicken and cook for 3–4 minutes, until nicely browned.
4. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until hot.
5. Finish with green onions and cilantro, and serve with lime wedges.



NASI GORENG (INDONESIAN FRIED RICE)

A rich, savory fried rice infused with sweet soy and shrimp paste, topped with a perfectly crispy fried egg.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- 3 oz (90 g) chicken thigh, diced
- 1 small shallot (¼ cup/30 g), finely chopped
- 1 garlic clove, minced
- 1 red chili (1 tsp/10 g), sliced (or ½ tsp/0.5 g chili flakes)
- 1 tbsp (15 g) shrimp paste (terasi)
- 2 tbsp (30 ml) sweet soy sauce (kecap manis)
- 1 tbsp (15 ml) regular soy sauce
- 1 tsp (5 g) sugar
- 2 tbsp (30 ml) vegetable oil
- 1 fried egg per serving
- ¼ cup (15 g) fried shallots (optional)
- Cucumber slices, for serving

Nutritional Value (per serving):

Calories: 410 kcal | Protein: 20 g | Fat: 16 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 48 g | Sodium: 1,100 mg

Instructions:

1. Using a small bowl, combine sweet soy sauce, regular soy sauce, and sugar. Set aside.
2. Warm the oil in the wok over high heat until it's hot. Add the shallot, garlic, chili, and shrimp paste, and stir-fry for about 1 minute, until fragrant.
3. Add the chicken and cook for about 3 minutes, until no longer pink.
4. Increase the heat to high and stir-fry the rice for about 2 minutes, breaking up any clumps.
5. Pour in the sauce and toss for about 1 minute, until evenly coated.
6. Serve topped with a fried egg, fried shallots, and cucumber slices.

YANGZHOU FRIED RICE (YEUNG CHOW FRIED RICE)

A classic Chinese-style fried rice featuring tender shrimp, savory ham, and colorful vegetables.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked white rice (preferably day-old, chilled)
- 3 oz (90 g) small shrimp, peeled and deveined
- 2 oz (60 g) Chinese char siu (BBQ pork) or ham, diced
- ¼ cup (40 g) frozen peas and carrots
- 1 egg, lightly beaten
- 1 green onion (2 tbsp/15 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 ml) soy sauce
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- Salt to taste

Nutritional Value (per serving):

Calories: 390 kcal | Protein: 22 g | Fat: 14 g | Fiber: 2 g
Saturated Fat: 2 g | Carbohydrates: 45 g | Sodium: 850 mg

Instructions:

1. In a small-sized bowl, combine the soy sauce, sugar, white pepper, and sesame oil. Mix well and set aside.
2. Heat 1 tbsp (15 ml) of oil in a wok over high heat. Add the shrimp and stir-fry for about 1–2 minutes, until pink. Remove and set aside.
3. Add the remaining oil to the wok. Pour in the beaten egg and scramble lightly for about 30 seconds.
4. Add the char siu (or ham), peas, and carrots, and stir-fry for 1 minute.
5. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until heated through.
6. Return the shrimp to the wok, pour in the sauce, and toss for about 1 minute, until evenly coated.
7. Finish with green onions and serve immediately.



JAPANESE GARLIC BUTTER FRIED RICE (NINNIKU BUTTER YAKI)

Rich, aromatic, and full of umami—this Japanese-style fried rice highlights garlic, butter, and a touch of soy.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked short-grain rice (preferably day-old, chilled)
- 3 oz (90 g) thinly sliced beef (sukiyaki cut) or pork
- 3 garlic cloves, minced
- 1 tbsp (15 g) grated ginger
- 2 tbsp (30 g) unsalted butter
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) mirin
- ½ tsp (2 g) sugar
- 1 green onion (2 tbsp/15 g), sliced
- 1 tbsp (5 g) toasted sesame seeds
- Shichimi togarashi (optional, for spice)



Nutritional Value (per serving):

Calories: 420 kcal | Protein: 20 g | Fat: 22 g | Fiber: 1 g
Saturated Fat: 9 g | Carbohydrates: 38 g | Sodium: 800 mg

Instructions:

1. In a small-sized bowl, combine the soy sauce, mirin, and sugar. Mix well and set aside.
2. Heat the oil and 1 tbsp (15 g) of butter in a wok over medium-high heat. Add the garlic and ginger, and sauté for about 30 seconds, until fragrant.
3. Add the beef or pork and cook for about 2 minutes, until no longer pink.
4. Increase the heat to high, add the rice, and stir-fry for about 2 minutes, breaking up any clumps.
5. Pour in the sauce along with the remaining butter, and toss for about 1 minute, until glossy.
6. Finish with green onions, sesame seeds, and shichimi togarashi, if desired.

SICHUAN SPICY FRIED RICE (LA ZI CHAO FAN)

Fiery, numbing, and richly savory—this Sichuan-inspired fried rice delivers bold heat with chili and peppercorns.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked white rice (preferably day-old, chilled)
- 3 oz (90 g) ground pork
- 1 small red bell pepper (½ cup/60 g), diced
- 2 dried red chilies (1 tbsp/5 g), crushed; or 1 tsp/2 g chili flakes
- 1 tsp (5 g) Sichuan peppercorns, lightly crushed
- 2 garlic cloves, minced
- 1 tbsp (15 g) fermented black beans (douchi), rinsed and chopped
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) sesame oil
- 1 green onion (2 tbsp/15 g), sliced



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 18 g | Fat: 16 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 42 g | Sodium: 950 mg

Instructions:

1. In a small-sized bowl, combine the soy sauce, Shaoxing wine, sugar, and sesame oil. Mix well and set aside.
2. Warm the oil in the wok over high heat until it's hot. Add the Sichuan peppercorns and dried chilies, and cook for about 30 seconds, until fragrant.
3. Add the garlic and fermented black beans, and stir-fry for about 30 seconds.
4. Add the minced pork, breaking it up with a spatula, and cook for 2–3 minutes, until nicely browned.
5. Add the bell pepper and stir-fry for around 1 minute.
6. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until heated through.
7. Pour in the sauce and stir-fry for around 1 minute to coat everything evenly.
8. Finish with green onions and serve immediately.



KIMCHI FRIED RICE (KIMCHI BOKKEUMBAP)

Spicy, tangy, and rich in umami—this Korean-style fried rice is a quick, satisfying meal.



2

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked white rice (preferably day-old, chilled)
- ½ cup (100 g) kimchi, chopped (plus 1 tbsp (15 ml) kimchi juice)
- 2 oz (60 g) pork belly or bacon, diced (optional)
- 1 small onion (½ cup/70 g), finely diced
- 1 garlic clove, minced
- 1 green onion (2 tbsp/15 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 fried egg per serving (optional)
- ½ sheet roasted seaweed (gim), shredded (optional)

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 8 g | Fat: 18 g | Fiber: 2 g
Saturated Fat: 4 g | Carbohydrates: 45 g | Sodium: 900 mg

Instructions:

1. In a small-sized bowl, combine the soy sauce, sugar, sesame oil, and kimchi juice. Mix well and set aside.
2. Heat the oil in a wok over medium-high heat. If using pork belly, cook it until crispy, about 2–3 minutes.
3. Add the onion and garlic, and stir-fry for about 1 minute, until softened.
4. Increase the heat to high, add the kimchi, and stir-fry for 1 minute, until fragrant.
5. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until the grains are separated.
6. Pour in the sauce and toss for 1 minute, until everything is evenly coated.
7. Serve topped with green onions, a fried egg, and seaweed.

MALAYSIAN SAMBAL FRIED RICE (NASI GORENG SAMBAL)

Spicy, sweet, and intensely aromatic—this Malaysian-style fried rice showcases bold sambal and crispy anchovies.



2

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- 3 oz (90 g) peeled shrimp
- 2 tbsp (30 g) dried anchovies (ikan bilis), fried until crisp
- 1 small onion (½ cup/70g), finely diced
- 1 garlic clove, minced
- 1 tbsp (15 g) sambal oelek (or to taste)
- 1 red chili (1 tsp/10 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) sweet soy sauce (kecap manis)
- 1 tsp (5 ml) fish sauce
- ½ tsp (2 g) sugar
- 1 green onion (2 tbsp/15 g), sliced
- ¼ cup (10 g) cilantro, chopped
- Lime wedges, for serving

Nutritional Value (per serving):

Calories: 400 kcal | Protein: 22 g | Fat: 14 g | Fiber: 2 g
Saturated Fat: 2 g | Carbohydrates: 48 g | Sodium: 1,100 mg

Instructions:

1. In a small bowl, combine the sweet soy sauce, fish sauce, and sugar. Mix well and set aside.
2. Heat the oil in a wok over medium-high heat. Add the onion and garlic, and stir-fry for about 1 minute, until softened.
3. Add the sambal and red chili, and stir-fry for about 30 seconds, until fragrant.
4. Add the shrimp and cook for around 2 minutes, until pink.
5. Increase the heat to high, add the rice, and stir-fry for about 2 minutes, breaking up any clumps.
6. Pour in the sauce and toss for about 1 minute, until everything is evenly coated.
7. Fold in the fried anchovies. Garnish with green onions and cilantro, and serve with lime wedges.



PINEAPPLE FRIED RICE (KHAO PAD SAPPAROT)

Sweet, savory, and tropical—this Thai-inspired fried rice is vibrant, fragrant, and full of flavor.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked jasmine rice (preferably day-old, chilled)
- ½ cup (75 g) fresh pineapple, diced
- 3 oz (90 g) shrimp or chicken, diced
- 1 small red bell pepper (½ cup/60 g), diced
- ¼ cup (40 g) frozen peas and carrots
- 1 garlic clove, minced
- 1 shallot (¼ cup/30 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) curry powder
- 1 green onion (2 tbsp/15 g), sliced
- 2 tbsp (8 g) cilantro, chopped
- 2 tbsp (15 g) cashews, toasted (optional)
- Lime wedges for serving



Nutritional Value (per serving):

Calories: 420 kcal | Protein: 18 g | Fat: 14 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 55 g | Sodium: 1,100 mg

Instructions:

1. In a small-sized bowl, combine the fish sauce, soy sauce, sugar, and curry powder. Mix well and set aside.
2. Heat the oil in a wok over high heat. Add the shallot and garlic, and stir-fry for about 30 seconds.
3. Add the shrimp or chicken and cook for about 2 minutes, until opaque.
4. Add the bell pepper, peas, and carrots, and stir-fry for 1 minute.
5. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until heated through.
6. Pour in the sauce and toss for 1 minute, then fold in the pineapple.
7. Top with green onions, cilantro, and cashews, and serve with lime wedges.



STIR-FRIED NOODLES

KOREAN SPICY STIR-FRIED NOODLES (JJOLBOKKI)

Fiery, chewy, and lightly sweet—this noodle-packed jjolbokki delivers pure street-food comfort.



2

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 6 oz (170 g) chewy wheat noodles (jjolmyeon or udon)
- ¼ lb (115 g) fish cakes, sliced (optional)
- ½ cup (75 g) cabbage, thinly sliced
- 1 green onion (2 tbsp/15 g), cut into 2-inch strips
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 g) gochujang (Korean chili paste)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) corn syrup or honey
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- 1 garlic clove, minced
- ½ tsp (2 g) toasted sesame seeds
- ¼ cup (60 ml) water

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 12 g | Fat: 10 g | Fiber: 4 g
Saturated Fat: 1 g | Carbohydrates: 72 g | Sodium: 1,100 mg

Instructions:

1. Cook the noodles according to the package instructions. Drain and rinse under cold water.
2. In a bowl, mix the sauce ingredients until smooth.
3. Warm the oil in a wok over medium-high heat. Add the cabbage and green onion, and stir-fry for about 1 minute.
4. Add the fish cakes (if using) and noodles, then pour in the sauce. Toss for 2–3 minutes, until the sauce thickens and coats everything evenly.
5. Garnish with sesame seeds and serve immediately.

SINGAPORE NOODLES (CURRY VERMICELLI)

Aromatic rice noodles infused with curry spices, combined with shrimp, seared pork, and crunchy vegetables for a flavorful, well-balanced dish.



2

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- 5 oz (140 g) thin rice vermicelli, soaked in warm water for 10 mins
- ¼ lb (115 g) pork loin, thinly sliced
- 6 medium shrimp (90 g), peeled and deveined
- 1 cup (70 g) shredded cabbage
- ½ red bell pepper (½ cup/60g), julienned
- 2 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) curry powder
- ½ tsp (2 g) turmeric
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- 1 green onion (2 tbsp/15 g), sliced

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 26 g | Fat: 12 g | Fiber: 4 g
Saturated Fat: 2 g | Carbohydrates: 55 g | Sodium: 900 mg

Instructions:

1. Drain the soaked noodles and toss with 1 tsp of oil to prevent sticking.
2. Warm the oil in the wok over high heat until it's hot. Add the garlic and pork, and stir-fry for about 2 minutes, until golden brown.
3. Push the pork to the side, add the shrimp, and cook for about 1 minute per side.
4. Add the bell pepper and cabbage, and stir-fry for 1 minute. Sprinkle over the curry powder and turmeric.
5. Add the noodles, soy sauce, and sesame oil, and toss everything together for about 2 minutes, until evenly coated.
6. Garnish with green onions and serve.



GARLIC CHILI OIL NOODLES (SUAN LA FEN)

A simple yet fiery noodle dish, packed with bold garlic, chili heat, and a satisfyingly chewy texture.

Time to prepare: 10 min | **Time to cook:** 5 min

Ingredients:

- 6 oz (170 g) fresh or dried wheat noodles (like lo mein or spaghetti)
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves (20 g), minced
- 1 tbsp (15 g) chili flakes (adjust to taste)
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tsp (5 ml) sesame oil
- 2 green onions (4 tbsp/30 g), thinly sliced
- 1 tbsp (8 g) toasted sesame seeds



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 10 g | Fat: 22 g | Fiber: 3 g
Saturated Fat: 3 g | Carbohydrates: 38 g | Sodium: 800 mg

Instructions:

1. Cook the noodles according to the package instructions. Drain, then rinse immediately with cold water to stop the cooking.
2. In a small-sized bowl, combine the soy sauce, black vinegar, sugar, and sesame oil. Set aside.
3. Heat the vegetable oil in a wok over medium heat. Add the garlic and chili flakes, and cook for about 30 seconds, until fragrant, keeping the heat low to prevent burning.
4. Remove the wok from the heat, then immediately pour in the sauce mixture—it should sizzle.
5. Add the noodles and toss vigorously for 1–2 minutes, until fully coated.
6. Garnish with green onions and sesame seeds. Serve hot or at room temperature.

CHARRED PAD SEE EW (THAI STIR-FRIED NOODLES)

Sweet and savory Thai street-style noodles with smoky, caramelized flavors and tender chicken.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- 6 oz (170 g) fresh wide rice noodles (or dried pad Thai noodles, soaked)
- ¼ lb (115 g) chicken breast, thinly sliced
- 1 cup (50 g) Chinese broccoli or kale, chopped
- 2 garlic cloves, minced
- 2 tbsp (30 ml) vegetable oil
- 1 large egg
- 1.5 tbsp (22 ml) dark soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) fish sauce



Nutritional Value (per serving):

Calories: 450 kcal | Protein: 25 g | Fat: 18 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 50 g | Sodium: 1,300 mg

Instructions:

1. Separate the rice noodles if they are stuck together. In a bowl, mix all the sauce ingredients.
2. Heat 1 tbsp of oil in a wok over high heat. Add the chicken and stir-fry for about 2 minutes, until fully cooked. Remove and set aside.
3. Add the remaining oil, then the garlic and Chinese broccoli. Stir-fry for 1 minute.
4. Push the vegetables to one side, crack in the egg, and cook, stirring, until just set.
5. Add the noodles and sauce, and toss for about 2 minutes, allowing the noodles to lightly char.
6. Return the chicken to the wok and stir-fry for a final minute. Serve immediately.



HONG KONG-STYLE SOY SAUCE PAN-FRIED NOODLES

Crispy, caramelized noodles coated in a savory-sweet soy glaze—a Cantonese classic.



Time to prepare: 10 min | **Time to cook:** 12 min

Ingredients:

- 6 oz (170 g) fresh thin egg noodles (or parboiled spaghetti)
- ¼ lb (115 g) char siu pork or chicken, julienned (substitute with tofu for veg)
- 1 cup (50 g) bean sprouts
- 2 green onions (4 tbsp/30 g), cut into 2-inch strips
- 3 tbsp (45 ml) vegetable oil (divided)
- 2 tbsp (30 ml) dark soy sauce
- 1 tbsp (15 ml) light soy sauce
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) sesame oil

Nutritional Value (per serving):

Calories: 520 kcal | Protein: 24 g | Fat: 22 g | Fiber: 3 g
Saturated Fat: 4 g | Carbohydrates: 55 g | Sodium: 1,500 mg

Instructions:

1. Cook the noodles until al dente, then drain and let them air-dry for about 5 minutes (key for crispiness).
2. In a bowl, mix all the sauce ingredients.
3. Heat 2 tablespoons of oil in a wok over high heat. Spread the noodles in an even layer and press them down with a spatula. Cook undisturbed for about 2 minutes, until the bottom is crisp, then flip and repeat. Remove and set aside.
4. Add the remaining oil to the wok. Stir-fry the pork, bean sprouts, and green onions for about 2 minutes, stirring constantly.
5. Return the noodles to the wok, pour in the sauce, and toss for about 1 minute, until glossy and well coated.

SPICY SICHUAN DAN DAN NOODLES

A numbing, spicy, and nutty Sichuan classic featuring ground pork and springy noodles.



Time to prepare: 16 min | **Time to cook:** 10 min

Ingredients:

- 6 oz (170 g) fresh wheat noodles (or udon in a pinch)
- ¼ lb (115 g) ground pork
- 2 tbsp (30 g) preserved Sichuan mustard greens (zha cai), chopped (optional)
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 g) roasted peanuts, crushed
- 1 green onion (2 tbsp/15 g), thinly sliced
- 2 tbsp (30 ml) sesame paste (or peanut butter)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) chili oil (adjust to taste)
- 1 tsp (5 ml) black vinegar
- ½ tsp (2 g) Sichuan peppercorns, ground
- ½ tsp (2 g) sugar
- ¼ cup (60 ml) noodle cooking water

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 22 g | Fat: 28 g | Fiber: 3 g
Saturated Fat: 6 g | Carbohydrates: 38 g | Sodium: 1,100 mg

Instructions:

1. Boil the noodles according to the package instructions. Drain, reserving ¼ cup (60 ml) of the cooking water. Rinse the noodles under cold water to prevent sticking.
2. In a bowl, mix all the sauce ingredients with the reserved noodle water until smooth.
3. Warm the oil in a wok over high heat. Add the garlic, ginger, and Sichuan greens (if using), and fry for about 30 seconds.
4. Add the ground pork, breaking it up. Cook for 3–4 minutes until crispy.
5. Lower the heat, pour in the sauce, and toss with the noodles for 1–2 minutes, until fully coated.
6. Garnish with peanuts and green onions, and serve immediately.



JAPANESE YAKI UDON (STIR-FRIED UDON NOODLES)

Savory, smoky, and pleasantly chewy, with a subtle balance of sweetness and umami.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 7 oz (200 g) fresh udon noodles
- ¼ lb (115 g) pork belly or chicken, thinly sliced
- ½ cup (35 g) cabbage, shredded
- 1 carrot (½ cup/60 g), julienned
- 2 green onions (4 tbsp/30 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (5 g) bonito flakes (optional)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) mirin
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) sesame oil



Nutritional Value (per serving):

Calories: 450 kcal | Protein: 18 g | Fat: 22 g | Fiber: 4 g
Saturated Fat: 5 g | Carbohydrates: 45 g | Sodium: 1,300 mg

Instructions:

1. Blanch the udon noodles in boiling water for 1 minute, then drain well.
2. In a bowl, combine all the sauce ingredients and mix thoroughly.
3. Warm the oil in a wok over high heat. Add the pork belly or chicken and stir-fry for 2–3 minutes, until golden and caramelized.
4. Add the cabbage and carrot, and stir-fry for about 1 minute.
5. Add the noodles and sauce, then stir-fry for about 2 minutes, until well coated and slightly crisp.
6. Finish with green onions and bonito flakes, and serve immediately.

THAI DRUNKEN NOODLES (PAD KEE MAO) – SPICY BASIL TWIST

Bold, fiery, and herbaceous—with a punch of Thai chilies and a hint of smoky wok hei.

Time to prepare: 12 min | **Time to cook:** 8 min

Ingredients:

- 6 oz (170 g) fresh wide rice noodles (or dried, soaked)
- ¼ lb (115 g) chicken thigh, thinly sliced (or tofu for veg)
- 1 red bell pepper (½ cup/60 g), julienned
- ½ cup (50 g) green beans, halved
- 3 garlic cloves, minced
- 2 Thai chilies (10 g), thinly sliced (adjust to heat preference)
- 1 cup (20 g) Thai holy basil (or regular basil)
- 2 tbsp (30 ml) vegetable oil
- 1.5 tbsp (22 ml) oyster sauce
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fish sauce (or soy sauce for veg)
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) dark soy sauce (for color)
- 1 tbsp (15 ml) water
- 1 tbsp (15 ml) whiskey or Shaoxing wine (added at the end for depth—optional but iconic)



Nutritional Value (per serving):

Calories: 420 kcal | Protein: 23 g | Fat: 16 g | Fiber: 3 g
Saturated Fat: 3 g | Carbohydrates: 48 g | Sodium: 1,400 mg

Instructions:

1. Soak the dried noodles (if using) in warm water for 10 minutes, then drain and set aside.
2. In a bowl, mix all the sauce ingredients.
3. Heat the oil in the wok over high heat until it's hot. Add the garlic and chilies, and stir-fry for about 15 seconds, until fragrant.
4. Add the chicken and cook for about 2 minutes, until no longer pink. Push it to one side of the wok.
5. Add the bell pepper and green beans, and stir-fry for about 1 minute.
6. Add the noodles and sauce, and stir-fry for about 2 minutes, allowing the noodles to lightly char.
7. Remove from heat, add the basil and whiskey (if using), and toss until the basil is wilted.



SICHUAN COLD NOODLES (LIANG MIAN) – SESAME-PEANUT TWIST

Numbing, nutty, and refreshing—perfect for hot days, featuring a creamy sesame-peanut sauce.



2

Time to prepare: 15 min | **Time to cook:** 5 min

Ingredients:

- 6 oz (170 g) thin wheat noodles (or soba)
- ½ cucumber (1 cup/100 g), julienned
- ¼ cup (35g) roasted peanuts, crushed
- 1 green onion (2 tbsp/15 g), thinly sliced
- 1 tsp (5 g) Sichuan peppercorns, lightly toasted and ground
- 2 tbsp (30 g) peanut butter
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tbsp (15 ml) chili oil
- 1 tsp (5 g) sugar
- 1 garlic clove, minced
- 1 tsp (5 ml) sesame oil
- 2 tbsp (30 ml) hot noodle water
- 1 tbsp (15 g) tahini (blended with peanut butter for extra creaminess)

Nutritional Value (per serving):

Calories: 450 kcal | Protein: 15 g | Fat: 22 g | Fiber: 5 g
Saturated Fat: 3 g | Carbohydrates: 50 g | Sodium: 900 mg

Instructions:

1. Cook the noodles until al dente, then drain and rinse under cold water. Mix with 1 tsp of oil to prevent sticking.
2. Whisk all the sauce ingredients together in a bowl until smooth.
3. Divide the noodles into bowls and top with cucumber, peanuts, and green onion.
4. Drizzle the sauce over the noodles, then sprinkle with ground Sichuan peppercorns.
5. Serve cold and mix well before eating.

INDONESIAN MIE GORENG (STREET-STYLE FRIED NOODLES)

Sweet, smoky, and packed with crispy shallots—an ultimate street food indulgence.



2

Time to prepare: 10 min | **Time to cook:** 8 min

Ingredients:

- 6 oz (170 g) fresh yellow wheat noodles (or instant ramen)
- ¼ lb (115 g) chicken breast, thinly sliced
- 6 medium shrimp (90 g), peeled
- 1 cup (50 g) cabbage, shredded
- 1 carrot (½ cup/60 g), julienned
- 2 garlic cloves, minced
- 1 shallot (½ cup/40 g), thinly sliced
- 2 tbsp (30 ml) vegetable oil
- 1 egg
- 2 tbsp (30 ml) kecap manis (sweet soy sauce)
- 1 tbsp (15 ml) regular soy sauce
- 1 tsp (5 ml) sambal oelek
- ½ tsp (2 g) sugar
- ½ tsp (2 g) ground coriander
- Fried shallots
- Lime wedges
- Fresh cilantro

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 28 g | Fat: 16 g | Fiber: 4 g
Saturated Fat: 3 g | Carbohydrates: 58 g | Sodium: 1,400 mg

Instructions:

1. Blanch the noodles in boiling water for 1 minute, then drain and toss with 1 tsp of oil to prevent sticking.
2. In a bowl, mix all the sauce ingredients.
3. Warm the oil in the wok over high heat until it's hot. Add the garlic and shallot, and stir-fry for about 30 seconds, until fragrant.
4. Add the chicken and shrimp, and stir-fry for about 2 minutes, until cooked through. Push to one side.
5. Crack the egg into the wok, scramble until just set, then mix it with the protein.
6. Add the noodles, vegetables, and sauce, and toss for about 2 minutes, until lightly charred in spots.
7. Finish with fried shallots, cilantro, and lime, then serve.



MALAYSIAN MEE GORENG (SPICY FRIED NOODLES)

Sweet, smoky, and rich in umami with a kick of sambal.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- 6 oz (170 g) fresh yellow noodles (or ramen)
- ¼ lb (115 g) shrimp, peeled and deveined
- ½ cup (50 g) bean sprouts
- ¼ cup (30 g) fried tofu, cubed
- 1 garlic clove, minced
- 1 tbsp (15 ml) vegetable oil
- 1 egg
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) kecap manis (sweet soy sauce)
- 1 tsp (5 ml) sambal oelek (or chili paste)
- ½ tsp (2 g) sugar
- 1 tsp (5 ml) lime juice
- 1 green onion (2 tbsp/15g), sliced
- 1 tbsp (8 g) crushed peanuts
- Lime wedges



Nutritional Value (per serving):

Calories: 460 kcal | Protein: 24 g | Fat: 16 g | Fiber: 4 g
Saturated Fat: 3 g | Carbohydrates: 58 g | Sodium: 1,200 mg

Instructions:

1. Blanch the noodles in hot water for 1 minute, then drain immediately.
2. In a bowl, mix all the sauce ingredients.
3. Warm the oil in a wok over high heat. Add the garlic and shrimp, and stir-fry for about 1 minute.
4. Push the shrimp to the side, crack in the egg, and scramble until set.
5. Add the noodles, tofu, and sauce, and toss for about 2 minutes.
6. Add the bean sprouts and cook for another minute.
7. Garnish with green onions, peanuts, and lime, then serve.

VIETNAMESE LEMONGRASS CHICKEN NOODLES (MI XAO GUNG)

Fragrant, citrusy, and lightly sweet—this dish features charred noodles and tender chicken with bold flavor.

Time to prepare: 15 min (includes marinating)

Time to cook: 8 min

Ingredients:

- 6 oz (170 g) thin egg noodles (or rice vermicelli)
- ¼ lb (115 g) chicken thigh, thinly sliced
- 1 stalk lemongrass (3 tbsp/30 g), finely minced (white part only)
- 2 garlic cloves, minced
- 1 shallot (½ cup/40 g), sliced
- 1 red chili (1 tsp/10 g), thinly sliced (optional)
- 2 tbsp (30 ml) vegetable oil
- 1 cup (50 g) bean sprouts
- 2 green onions (4 tbsp/30 g), cut into 2-inch strips
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) lime juice
- ½ tsp (2 g) turmeric
- Lime wedges
- Fresh cilantro



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 22 g | Fat: 14 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 42 g | Sodium: 1,100 mg

Instructions:

1. Marinate the chicken with all marinade ingredients for 10 minutes.
2. Cook the noodles according to the package instructions. Drain and rinse under cold water.
3. Heat the oil in a wok over high heat. Add the lemongrass, garlic, shallot, and chili, and stir-fry for about 30 seconds, until aromatic.
4. Add the marinated chicken and stir-fry for 3–4 minutes, until cooked through.
5. Add the noodles and bean sprouts, and stir-fry for about 2 minutes, until slightly charred.
6. Add the green onions and remove from heat. Garnish with cilantro and lime.



RICE-BASED DISHES

WOK GINGER SCALLION RICE WITH CRISPY TOFU

Fragrant, savory rice infused with ginger and scallions, finished with golden, crispy tofu.

2



Time to prepare: 10 min | **Time to cook:** 15 min

Ingredients:

- 1½ cups (300 g) cooked jasmine rice (day-old preferred)
- 7 oz (200 g) firm tofu, pressed and cubed
- 3 tbsp (45 ml) vegetable oil, divided
- 1½-inch (4 cm) ginger, finely julienned
- 3 green onions (30 g), thinly sliced (white and green parts separated)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 14 g | Fat: 22 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 45 g | Sodium: 800 mg

Instructions:

1. In a small-sized bowl, whisk together the soy sauce, oyster sauce, sesame oil, sugar, and white pepper until well combined. Set aside.
2. Warm 2 tbsp (30 ml) of oil in a wok over medium-high heat. Add the tofu cubes and pan-fry for 3–4 minutes, until golden and crisp on all sides. Remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the same wok. Sauté the ginger and the white parts of the scallions for about 1 minute, until fragrant.
4. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until heated through and lightly toasted.
5. Pour in the sauce and mix well to coat evenly. Fold in the crispy tofu and the green parts of the scallions, then serve immediately.

WOK TOMATO EGG FRIED RICE

A comforting, lightly tangy fried rice with soft, silky scrambled eggs.

2



Time to prepare: 5 min | **Time to cook:** 10 min

Ingredients:

- 1½ cups (300 g) cooked jasmine rice
- 2 large eggs, beaten
- 1 medium tomato (1 cup/150 g), diced
- 2 garlic cloves, minced
- 1 green onion (1½ tbsp/10 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) ketchup
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 12 g | Fat: 16 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 46 g | Sodium: 400 mg

Instructions:

1. Heat 15 ml (1 tbsp) of oil in a wok over medium-high heat. Add the eggs and scramble until softly set, then remove and set aside.
2. Add the remaining oil to the wok. Stir-fry the garlic for about 10 seconds, then add the tomatoes and cook for about 2 minutes, until softened.
3. Stir in the ketchup, soy sauce, sugar, and pepper, and cook for about 1 minute, until saucy.
4. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until heated through.
5. Gently fold the eggs back into the mixture and combine. Finish with green onions and serve.



WOK CHAR SIU FRIED RICE

Sweet and savory barbecued pork fried rice with a signature smoky wok hei flavor.

Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- 1½ cups (300 g) cooked jasmine rice (day-old preferred)
- 4 oz (120 g) char siu (Chinese BBQ pork), diced
- 2 large eggs, beaten
- 2 garlic cloves, minced
- ¼ cup (40 g) frozen peas and carrots, thawed
- 2 green onions (4 tbsp/30 g), sliced
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- ½ tsp (2 g) sugar
- 1 tsp (5 ml) sesame oil



Nutritional Value (per serving):

Calories: 450 kcal | Protein: 22 g | Fat: 18 g | Fiber: 2 g
Saturated Fat: 4 g | Carbohydrates: 48 g | Sodium: 950 mg

Instructions:

1. In a small-sized bowl, whisk together the soy sauce, oyster sauce, sugar, and sesame oil until well combined. Set aside.
2. Heat 15 ml (1 tbsp) of oil in a wok over medium-high heat. Add the eggs and scramble until just set, then remove and set aside.
3. Add the remaining oil to the wok. Stir-fry the garlic for about 10 seconds, then add the char siu and peas and carrots. Cook for about 1 minute.
4. Add the rice, breaking up any clumps, and stir-fry for about 2 minutes, until the grains are separated.
5. Pour in the sauce and mix well. Return the eggs to the wok and stir to combine.
6. Fold in the green onions and serve immediately.

WOK HAINANESE CHICKEN RICE

Fragrant rice simmered in chicken broth, served with tender poached chicken.

Time to prepare: 15 min | **Time to cook:** 30 min

Ingredients:

- ¾ cup (150 g) jasmine rice, rinsed
- 1 cup (240 ml) chicken broth (from poaching)
- 1 boneless chicken breast (7 oz/200 g)
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, grated
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) salt
- 1 pandan leaf (optional, tied into a knot)
- 1 tbsp (15 ml) sesame oil
- 1 cucumber (100 g), sliced (for serving)

Sauce:

- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) ginger-scallion oil (mix 1 tbsp minced ginger + 1 tbsp oil)
- 1 tsp (5 ml) chili sauce (optional)



Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 12 g | Fiber: 1 g
Saturated Fat: 2 g | Carbohydrates: 50 g | Sodium: 900 mg

Instructions:

1. Poach the chicken breast in simmering water for 12–15 minutes, until cooked through. Reserve the broth.
2. Warm the oil in the wok over medium heat until it is hot. Add the garlic and ginger, and sauté for about 30 seconds, until fragrant. Add the rice and stir to coat.
3. Pour in 240 ml (1 cup) of the reserved broth, then add the pandan leaf and salt. Bring to a boil, reduce the heat to low, cover, and cook for 15 minutes.
4. Shred the poached chicken and drizzle with sesame oil.
5. Fluff the rice, remove the pandan leaf, and serve with the chicken, cucumber, and sauce.

SIMPLIFIED CLAY POT RICE (WOK VERSION)

A comforting one-pot dish featuring crispy-bottomed rice and savory, flavorful toppings.



2

Time to prepare: 15 min | **Time to cook:** 25 min

Ingredients:

- $\frac{3}{4}$ cup (150 g) jasmine rice, rinsed
- 1 cup (240 ml) chicken stock (or water)
- 2 Chinese sausages (lap cheong, $\frac{1}{3}$ cup/60 g total), thinly sliced
- 4 oz (115 g) boneless chicken thigh, diced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) sugar
- 2 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 2 green onions (4 tbsp/30 g), sliced
- 1-inch (2.5 cm) ginger, julienned

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 22 g | Fat: 18 g | Fiber: 1 g
Saturated Fat: 5 g | Carbohydrates: 55 g | Sodium: 1,000 mg

Instructions:

1. In a bowl, combine the soy sauce, dark soy sauce, sesame oil, and sugar. Add the chicken and marinate for 10 minutes.
2. Heat the oil in the wok over medium heat until it is hot. Add the garlic and ginger, and sauté for about 30 seconds, until fragrant.
3. Add the marinated chicken and Chinese sausage, and cook for 3–4 minutes, stirring, until the chicken is golden. Remove and set aside.
4. In the same wok, add the rinsed rice and chicken stock. Bring to a boil, then reduce the heat, cover, and cook gently for 12 minutes.
5. Spread the chicken and sausage over the rice. Cover and cook for another 5 minutes, until the liquid is absorbed and the rice forms a crispy crust at the bottom.
6. Finish with green onions and serve hot.





SOUPS & BRAISES

SOUPS

SPICY COCONUT LEMONGRASS SHRIMP SOUP

Fragrant, creamy, and vibrant—this Thai-inspired soup balances heat, citrus, and rich coconut milk.

Time to prepare: 15 minutes | **Time to cook:** 15 min

Ingredients:

- 1 tbsp (15 ml) vegetable oil
- 1 stalk lemongrass (3 tbsp/30 g), bruised and cut into 2-inch (5 cm) pieces
- 1-inch (2.5 cm) ginger, thinly sliced
- 1 small shallot (¼ cup/40 g), minced
- 1 red chili (1 tsp/10 g), sliced (or ½ tsp/0.5 g) chili flakes
- 2 cups (475 ml) chicken or vegetable stock
- 1 cup (240 ml) coconut milk
- ½ lb (225 g) shrimp, peeled and deveined
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) lime juice
- ½ cup (25 g) cilantro, chopped
- 4 kaffir lime leaves (optional, torn)



Nutritional Value (per serving, without egg):

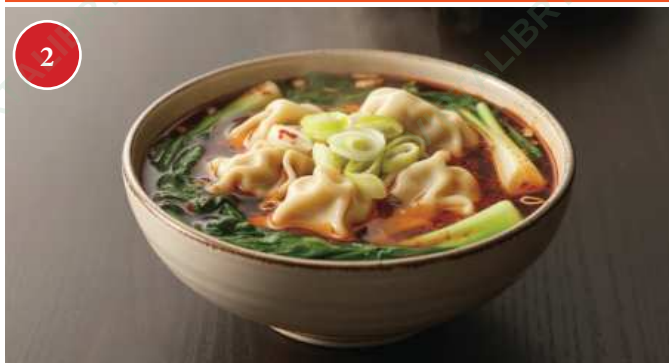
Calories: 320 kcal | Protein: 25 g | Fat: 20 g
Saturated Fat: 15 g | Carbohydrates: 10 g | Fiber: 1 g
Sodium: 1,400 mg

Instructions:

1. Warm the oil in a wok over medium heat. Add the lemongrass, ginger, shallot, and chili, and stir-fry for about 2 minutes, until fragrant.
2. Pour in the stock and coconut milk, bring to a gentle simmer, and cook for about 5 minutes to develop flavor.
3. Add the shrimp, fish sauce, and sugar, and simmer for 2–3 minutes, until the shrimp turn pink and opaque.
4. Remove from the heat. Discard the lemongrass stalks and kaffir lime leaves, if used, then stir in the lime juice.
5. Garnish with cilantro and serve right away.

SICHUAN WONTON SOUP WITH CHILI OIL

Vibrant, intense, and full of flavor—this soup highlights delicate wontons in a spicy, aromatic broth.



Time to prepare: 20 min | **Time to cook:** 10 min

Ingredients:

- 12 store-bought or homemade wontons (about 6 oz/170 g)
- 4 cups (950 ml) chicken or pork stock
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) black vinegar
- 1 tsp (5 g) sugar
- ½ tsp (2 g) ground Sichuan pepper
- 1 tbsp (15 ml) chili oil (adjust to taste)
- 2 garlic cloves, minced
- 1-inch (2.5 cm) ginger, julienned
- 2 green onions (4 tbsp/30 g), sliced
- ½ cup (50 g) baby bok choy, chopped

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 18 g | Fat: 12 g | Fiber: 2 g
Saturated Fat: 2 g | Carbohydrates: 28 g | Sodium: 1,600 mg

Instructions:

1. In a bowl, whisk together the soy sauce, black vinegar, sugar, Sichuan pepper, and chili oil until well combined. Set aside.
2. Heat the stock in a wok over medium-high heat. Add the garlic, ginger, and bok choy, and simmer for about 3 minutes.
3. Gently add the wontons to the broth and cook for 3–4 minutes, until they float to the surface.
4. Stir in the sauce mixture and let it simmer for about 1 minute.
5. Divide into bowls, garnish with green onions, and drizzle with extra chili oil if desired.

MISO-GINGER CHICKEN UDON SOUP

This Japanese-inspired soup is rich and full of umami, featuring chewy udon noodles in a deeply flavorful, soothing broth.



Time to prepare: 10 min | **Time to cook:** 15 min

Ingredients:

- 4 cups (950 ml) dashi stock (or substitute with chicken stock + 1 tsp kombu powder)
- 2 tbsp (30 g) white or yellow miso paste
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) mirin
- 1 tsp (5 g) grated ginger
- 1 clove garlic, minced
- ½ lb (225 g) boneless chicken thigh, thinly sliced
- 6 oz (170 g) fresh or frozen udon noodles
- 1 cup (70 g) shiitake mushrooms, sliced
- 2 cups (60 g) baby spinach
- 1 green onion (2 tbsp/15 g), thinly sliced
- 1 tsp (5 ml) sesame oil
- ½ soft-boiled egg per serving, nori strips, chili flakes (for garnish)

Nutritional Value (per serving):

Calories: 470 kcal | Protein: 32 g | Fat: 15 g | Fiber: 4 g
Saturated Fat: 3.5 g | Carbohydrates: 50 g | Sodium: 1,700 mg

Instructions:

1. In a small-sized bowl, whisk the miso paste with ¼ cup (60 ml) of warm stock until smooth. Set aside.
2. Heat a wok over medium heat. Add the sesame oil, ginger, and garlic, and stir-fry for about 30 seconds, until fragrant.
3. Pour in the remaining stock, soy sauce, and mirin, and bring to a gentle simmer—avoid boiling.
4. Add the chicken and shiitake mushrooms, and simmer gently for about 5 minutes, until the chicken is cooked through.
5. Add the udon noodles and spinach, and cook for 2–3 minutes, until the noodles are tender.
6. Reduce the heat to low and gently stir in the diluted miso paste, making sure the soup does not boil to preserve its flavor.
7. Ladle into bowls and top with green onion, nori, a soft-boiled egg, or chili flakes, if desired.



HOT & SOUR SOUP

Tangy, spicy, and full of textures—this classic Chinese soup is both comforting and invigorating.

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- 4 cups (950 ml) chicken or vegetable stock
- 3 oz (85 g) firm tofu, cut into thin strips
- 2 tbsp (30 ml) soy sauce
- 2 tbsp (30 ml) rice vinegar
- 1 tbsp (15 ml) chili-garlic sauce (or 1 tsp (½ tsp/0.5 g) chili flakes)
- 1 tsp (5 g) sugar
- ½ tsp (2 g) white pepper
- 1 large egg, lightly beaten
- 2 tbsp (15 g) cornstarch mixed with 3 tbsp (45 ml) water
- 2 oz (60 g) shiitake mushrooms, thinly sliced
- 1 oz (30 g) bamboo shoots, julienned
- 1 green onion (2 tbsp/15 g), thinly sliced
- 1 tsp (5 ml) sesame oil



Nutritional Value (per serving):

Calories: 220 kcal | Protein: 12 g | Fat: 8 g | Fiber: 3 g
Saturated Fat: 1.5 g | Carbohydrates: 25 g | Sodium: 1,800 mg

Instructions:

1. In a bowl, combine the soy sauce, rice vinegar, chili-garlic sauce, sugar, and white pepper. Mix well and set aside.
2. Heat the stock in a wok over medium-high heat. Add the mushrooms and bamboo shoots, and simmer for about 3 minutes.
3. Stir in the sauce mixture and tofu, and bring to a gentle boil.
4. Gradually add the cornstarch mixture, and cook for about 1 minute, until the soup thickens.
5. Reduce the heat to low. Slowly drizzle in the beaten egg in a thin stream, let it set for about 10 seconds, then stir gently.
6. Remove from the heat, garnish with sliced green onions, and finish with a drizzle of sesame oil.

WOK-FRIED PHO-INSPIRED BEEF NOODLE SOUP

A quick, fragrant broth with tender beef and silky noodles—Vietnamese pho-inspired and made right in a wok.

Time to prepare: 10 min | **Time to cook:** 15 min

Ingredients:

- 4 cups (950 ml) beef broth
- 4 oz (115 g) rice noodles (banh pho), soaked in hot water for 10 mins
- ½ lb (225 g) flank steak, thinly sliced against the grain
- 1 star anise
- 1 cinnamon stick (2-inch/5 cm)
- 2 cloves garlic, smashed
- 1-inch (2.5 cm) ginger, sliced
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) hoisin sauce
- 1 cup (50 g) bean sprouts
- ¼ cup (10 g) Thai basil or cilantro
- 1 lime, cut into wedges
- 1 small red chili (1 tsp/10 g), sliced (optional)



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 28 g | Fat: 10 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 45 g | Sodium: 1,500 mg

Instructions:

1. In a wok, dry-toast the star anise, cinnamon, garlic, and ginger over medium heat for about 1 minute, until fragrant.
2. Add the beef broth, fish sauce, sugar, and hoisin sauce, and let it simmer for about 8 minutes. Strain out the spices.
3. Return the broth to the wok and bring it to a boil. Add the beef slices and cook for 1–2 minutes, until just done.
4. Divide the soaked noodles among serving bowls. Ladle the hot broth and beef over the noodles.
5. Top with bean sprouts, herbs, chili, and lime wedges, and serve immediately.

BRAISED DISHES

TEA-SMOKED DUCK BRAISED IN SOY

Earthy, aromatic, and deeply flavorful—this dish features duck infused with a smoky tea fragrance and a rich soy glaze.



2

Nutritional Value (per serving):

Calories: 420 kcal | Protein: 28 g | Fat: 30 g | Fiber: 0 g
Saturated Fat: 10 g | Carbohydrates: 8 g | Sodium: 1,400 mg

Time to prepare: 20 min (plus 1 hour marinating)

Time to cook: 50 min

Ingredients:

- 2 duck legs (about 1 lb/450 g total)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 1 tbsp (15 ml) Shaoxing wine
- 1 tbsp (15 g) brown sugar
- 1 tsp (5 g) five-spice powder
- 2 garlic cloves, crushed
- 1-inch (2.5 cm) ginger, sliced
- 2 green onions (4 tbsp/30 g), cut into strips
- 1 tbsp (15 g) black tea leaves (or 2 tea bags)
- 1 tbsp (15 g) rice (uncooked)
- 1 tbsp (15 g) brown sugar (for smoking)

Instructions:

1. Coat the duck legs with soy sauces, Shaoxing wine, brown sugar, and five-spice powder. Marinate for 1 hour.
2. Place the duck skin-side down in a cold wok. Turn the heat to medium and render the fat for about 5 minutes, until golden. Flip and sear for 2 minutes, then remove the duck.
3. Drain excess fat, leaving about 1 tbsp (15 ml) in the wok. Add the garlic, ginger, and green onions, and stir-fry for about 1 minute.
4. Return the duck to the wok. Add 1 cup (240 ml) of water, cover, and simmer on low heat for about 30 minutes.
5. Lift out the duck. Line the wok with foil, then add tea leaves, rice, and 1 tbsp of sugar. Place the duck on a rack above the smoking mixture.
6. Cover tightly, turn the heat to high, and smoke for about 10 minutes. Turn off the heat and let rest for 5 minutes before slicing.

BLACK PEPPER BRAISED SHORT RIBS

Tender, fall-off-the-bone short ribs coated in a bold black pepper–soy glaze—deeply savory with a spicy kick.



2

Nutritional Value (per serving):

Calories: 520 kcal | Protein: 32 g | Fat: 36 g | Fiber: 1 g
Saturated Fat: 14 g | Carbohydrates: 12 g | Sodium: 1,800 mg

Time to prepare: 15 min | **Time to cook:** 2 hours 30 min

Ingredients:

- 1 lb (450 g) beef short ribs, cut into 2-inch (5 cm) pieces
- 1 tbsp (15 ml) vegetable oil
- 4 garlic cloves, smashed
- 1-inch (2.5 cm) ginger, sliced
- 2 tbsp (30 g) crushed black peppercorns
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 2 tbsp (30 ml) Shaoxing wine
- 1 tbsp (15 g) brown sugar
- 2 cups (480 ml) beef stock
- 2 green onions (4 tbsp/30 g), cut into 2-inch (5 cm) strips
- 1 tsp (5 ml) sesame oil

Instructions:

1. Blanch the short ribs in boiling water for about 3 minutes, then drain and pat dry.
2. Heat oil in a wok over medium-high heat. Brown the ribs on all sides over high heat for about 5 minutes, then remove and set aside.
3. In the same wok, add the garlic, ginger, and black peppercorns, and stir-fry for about 1 minute, until fragrant.
4. Return the ribs to the wok. Add the soy sauces, Shaoxing wine, sugar, and stock, and bring to a boil.
5. Reduce the heat to low, cover, and simmer for about 2 hours, stirring occasionally, until the meat is tender.
6. Remove the lid and increase the heat, simmering for about 10 minutes until the sauce thickens into a glaze.
7. Stir in green onions and sesame oil, and serve with steamed rice.



RED-BRAISED PORK BELLY (HONG SHAO ROU)

Rich, deeply caramelized, and melt-in-your-mouth tender—this classic Chinese dish is a true braising masterpiece.

Time to prepare: 15 min | **Time to cook:** 1 hour 30 min

Ingredients:

- ¾ lb (340 g) pork belly, cut into 1-inch (2.5 cm) cubes
- 2 tbsp (30 ml) vegetable oil
- 2 tbsp (30 g) rock sugar (or granulated sugar)
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 2 tbsp (30 ml) Shaoxing wine
- 2 cups (480 ml) hot water
- 3 garlic cloves, smashed
- 1-inch (2.5 cm) ginger, sliced
- 1 star anise
- 1 green onion, cut into 2-inch (5 cm) segments



Nutritional Value (per serving):

Calories: 580 kcal | Protein: 18 g | Fat: 48 g | Fiber: 0 g
Saturated Fat: 16 g | Carbohydrates: 12 g | Sodium: 1,500 mg

Instructions:

1. Blanch the pork belly in boiling water for about 2 minutes, then drain and pat dry.
2. Heat oil in a wok over medium heat. Add the sugar and stir until it melts and turns amber.
3. Add the pork belly and stir to coat in the caramel. Cook for 2–3 minutes, until lightly browned.
4. Add the garlic, ginger, and star anise, and stir-fry for about 30 seconds, until fragrant.
5. Pour in the soy sauces, Shaoxing wine, and hot water. Bring to a boil, then reduce to a simmer.
6. Cover and cook on low heat for about 1 hour, stirring occasionally, until the pork becomes tender.
7. Remove the lid and increase the heat to simmer the sauce until it thickens and turns glossy, about 10 minutes.
8. Garnish with green onions and serve over rice.

BRAISED TOFU WITH PEANUTS (KONG BAO TOFU)

Crispy tofu braised in a tangy, slightly sweet sauce with crunchy peanuts—a vegetarian take on a classic dish.

Time to prepare: 15 min | **Time to cook:** 20 min

Ingredients:

- 1 block (14 oz/400 g) firm tofu, pressed and cubed
- 3 tbsp (45 ml) vegetable oil
- ¼ cup (35 g) roasted peanuts
- 1 dried red chili, deseeded (½ tbsp/2.5 g), halved (or ¼ tsp/0.25 g) chili flakes)
- 1 garlic clove, minced
- ½-inch (1 cm) ginger, minced
- 2 green onions (¼ cup/20 g), sliced (white and green parts separated)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) black vinegar
- 1 tbsp (15 g) sugar
- ½ cup (120 ml) vegetable stock
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water



Nutritional Value (per serving):

Calories: 380 kcal | Protein: 18 g | Fat: 28 g | Fiber: 3 g
Saturated Fat: 4 g | Carbohydrates: 16 g | Sodium: 1,100 mg

Instructions:

1. Heat the oil in a wok over medium-high heat. Fry the tofu until golden on all sides, about 5 minutes. Drain on paper towels.
2. Drain excess oil, leaving about 1 tbsp (15 ml) in the wok. Add the chili, garlic, ginger, and the white parts of the green onions, and stir-fry for about 30 seconds.
3. Add the soy sauce, vinegar, sugar, and stock, and bring to a boil.
4. Return the tofu to the wok, coating it in the sauce, and simmer for about 5 minutes.
5. Stir in the cornstarch slurry and peanuts, and cook for about 1 minute, until the sauce thickens.
6. Garnish with the green onion tops and serve with rice.



SOY-BRAISED SHIITAKE MUSHROOMS

Rich, umami-packed mushrooms simmered in a sweet and savory soy glaze—perfect as a side dish or a meatless main.



2

Time to prepare: 10 min (plus 30 min for soaking)

Time to cook: 25 min

Ingredients:

- 10 dried shiitake mushrooms (3 oz/30 g), soaked in hot water for 30 mins
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) sugar
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 1 tbsp (15 ml) Shaoxing wine
- 1 cup (240 ml) mushroom soaking liquid (strained)
- 1 garlic clove, minced
- ½-inch (1 cm) ginger, julienned
- ½ tsp (2 ml) sesame oil

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 4 g | Fat: 5 g | Fiber: 3 g
Saturated Fat: 0.5 g | Carbohydrates: 14 g | Sodium: 1,200 mg

Instructions:

1. Drain the mushrooms, reserving the liquid. Trim the stems if they are tough.
2. Warm the oil in a wok over medium heat. Add the garlic and ginger, and stir-fry for about 20 seconds.
3. Add the mushrooms and stir to coat. Cook for about 2 minutes, until the edges slightly crisp.
4. Pour in the soy sauces, Shaoxing wine, sugar, and reserved mushroom liquid. Bring to a boil.
5. Reduce the heat, cover, and cook gently for about 20 minutes, until the mushrooms soften.
6. Remove the lid and increase the heat to reduce the sauce into a glaze, about 3 minutes.
7. Drizzle with sesame oil and serve warm.





DEEP-FRIED & CRISPY CRISPY PROTEINS

SPICY CRISPY EGGPLANT WITH GROUND CHICKEN

Silky eggplant meets crispy chicken and a fiery glaze—vegetable-forward yet packed with protein.

Time to prepare: 10 min | **Time to cook:** 15 min

Ingredients:

- 1 medium eggplant (2½ cups/300 g), cubed
- ¼ lb (115 g) ground chicken
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 2 tbsp (30 ml) chili garlic sauce
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- ½ cup (120 ml) water
- 1 green onion (1½ tbsp/10 g), sliced
- 1 tsp (5 ml) sesame oil



Nutritional Value (per serving, without egg):

Calories: 350 kcal | Protein: 18 g | Fat: 20 g
Saturated Fat: 3 g | Carbohydrates: 28 g | Fiber: 6 g
Sodium: 900 mg

Instructions:

1. Toss the eggplant cubes in cornstarch until lightly coated.
2. Warm 2 tbsp (30 ml) of oil in a wok over medium-high heat. Fry the eggplant for 3–4 minutes, until golden, then remove and set aside.
3. Add the remaining 1 tbsp (15 ml) of oil to the wok. Stir-fry the garlic and ginger for about 30 seconds, then add the ground chicken. Cook for about 3 minutes, breaking it up as it cooks.
4. Stir in the chili garlic sauce, soy sauce, rice vinegar, brown sugar, and water, and simmer for about 2 minutes.
5. Return the eggplant to the wok and toss to coat. Cook for 1–2 minutes, until the sauce thickens.
6. Finish with a drizzle of sesame oil, garnish with green onion, and serve.



SICHUAN CRISPY TOFU WITH MINCED PORK

Featuring crispy tofu and flavorful pork, this dish delivers a spicy, numbing, and texturally rich experience.



Time to prepare: 10 min | **Time to cook:** 12 min

Ingredients:

- ½ lb (225 g) firm tofu, cubed
- ¼ lb (115 g) ground pork
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 tbsp (15 g) Sichuan peppercorns, crushed
- 2 dried red chilies (or 1 tsp (1 g) chili flakes)
- 2 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) black vinegar
- ½ cup (120 ml) water
- 1 green onion (1½ tbsp/10 g), sliced

Nutritional Value (per serving):

Calories: 410 kcal | Protein: 22 g | Fat: 26 g | Fiber: 2 g
Saturated Fat: 6 g | Carbohydrates: 18 g | Sodium: 950 mg

Instructions:

1. Toss the tofu in cornstarch until evenly coated, then shake off any excess.
2. Heat 2 tbsp (30 ml) of oil in a wok over medium-high heat. Fry the tofu for about 3 minutes per side, until golden. Remove and drain.
3. Add the remaining 1 tbsp (15 ml) of oil. Heat the Sichuan peppercorns, chilies, and garlic for about 30 seconds, until fragrant.
4. Add the ground pork, breaking it up as it cooks, and cook for about 3 minutes, until browned.
5. Stir in the soy sauce, hoisin, vinegar, and water, and simmer for about 2 minutes.
6. Return the tofu to the wok and gently coat it in the sauce. Garnish with green onions.

SALT & PEPPER SHRIMP

Quick, spicy, and full of crispy texture—this Cantonese classic is irresistible.



Time to prepare: 10 min | **Time to cook:** 8 min

Ingredients:

- ½ lb (225 g) large shrimp, peeled and deveined (tails on)
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 tsp (5 g) Sichuan peppercorns, lightly crushed
- 1 small red chili (1 tsp/10 g), thinly sliced
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- ½ tsp (3 g) sea salt
- ½ tsp (2 g) sugar
- 1 green onion (1½ tbsp/10 g), sliced
- Lime wedges (for serving)

Nutritional Value (per serving):

Calories: 290 kcal | Protein: 24 g | Fat: 14 g | Fiber: 1 g
Saturated Fat: 1 g | Carbohydrates: 16 g | Sodium: 1,300 mg

Instructions:

1. Pat the shrimp dry, then toss in cornstarch until lightly coated.
2. Warm the oil in a wok over high heat. Add the shrimp and stir-fry for 1–2 minutes per side, until crisp. Remove and set aside.
3. Drain excess oil, leaving about 1 tbsp (15 ml) in the wok. Add the Sichuan peppercorns, chili, garlic, and ginger, and stir-fry for about 30 seconds, until fragrant.
4. Return the shrimp to the wok, sprinkle with salt and sugar, and toss to combine. Stir-fry for about 1 minute.
5. Finish with green onions and serve with lime wedges.

CRISPY LEMONGRASS CHICKEN

Fragrant, citrusy, and golden-crisp—this Vietnamese-inspired dish is a perfect weeknight hero.

Time to prepare: 15 min (incl. marinating)

Time to cook: 10 min

Ingredients:

- ½ lb (225 g) boneless chicken thighs, cut into strips
- 2 tbsp (30 ml) fish sauce
- 1 tbsp (15 g) brown sugar
- 1 stalk lemongrass (3 tbsp/30 g), finely minced (or 1 tbsp paste)
- 2 garlic cloves, minced
- 1 shallot (⅓ cup/40 g), sliced
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 red chili (1 tsp/10 g), sliced (optional)
- ½ cup (15 g) fresh cilantro, chopped
- Lime wedges (for serving)



Nutritional Value (per serving):
Calories: 380 kcal | Protein: 28 g | Fat: 20 g | Fiber: 1 g
Saturated Fat: 4 g | Carbohydrates: 20 g | Sodium: 1,400 mg

Instructions:

1. Marinate the chicken in a mixture of fish sauce, brown sugar, lemongrass, and garlic for 10 minutes.
2. Drain off excess marinade, then toss the chicken in cornstarch.
3. Warm oil in a wok over high heat and fry the chicken for 3–4 minutes, until crispy. Remove and set aside.
4. In the same wok, sauté the shallots and chili for about 1 minute, until fragrant.
5. Return the chicken to the wok and toss to combine, cooking for another minute.
6. Garnish with fresh cilantro and serve with lime wedges.

CRISPY HONEY GARLIC PORK

Sticky-sweet with a caramelized crunch—this pork stir-fry is irresistibly addictive.

Time to prepare: 15 min | **Time to cook:** 12 min

Ingredients:

- ½ lb (225 g) pork shoulder or loin, thinly sliced
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves, minced
- 1 tbsp (15 g) ginger, grated
- 3 tbsp (45 ml) honey
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (0.5 g) red chili flakes
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) toasted sesame seeds
- 2 green onions (¼ cup/20 g), sliced



Nutritional Value (per serving):
Calories: 420 kcal | Protein: 26 g | Fat: 18 g | Fiber: 1 g
Saturated Fat: 4 g | Carbohydrates: 38 g | Sodium: 1,100 mg

Instructions:

1. Toss the pork slices in cornstarch until evenly coated.
2. Warm the oil in the wok over high heat until it is hot. Fry the pork in batches for 2–3 minutes per side, until crispy. Drain on paper towels.
3. Drain excess oil, leaving about 1 tbsp (15 ml) in the wok. Add the garlic and ginger, and stir-fry for about 30 seconds, until fragrant.
4. Add the honey, soy sauce, rice vinegar, and chili flakes, and simmer for 1–2 minutes, until slightly thickened.
5. Return the pork to the wok and toss to coat. Drizzle with sesame oil and toss again.
6. Garnish with sesame seeds and green onions, and serve over steamed rice.



CRISPY ORANGE TOFU

Sweet, tangy, and perfectly crispy—this vegan-friendly dish rivals any takeout favorite.

2



Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- ½ lb (225 g) extra-firm tofu, pressed and cubed
- ¼ cup (30 g) cornstarch
- 3 tbsp (45 ml) vegetable oil
- 1 tbsp (15 ml) sesame oil
- 2 garlic cloves, minced
- 1 tsp (5 g) ginger, grated
- ½ cup (120 ml) fresh orange juice
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- ½ tsp (0.5 g) red chili flakes
- 1 green onion (1½ tbsp/10 g), sliced (for garnish)
- 1 tsp (3 g) orange zest

Nutritional Value (per serving):

Calories: 380 kcal | Protein: 12 g | Fat: 24 g | Fiber: 2 g
Saturated Fat: 3 g | Carbohydrates: 32 g | Sodium: 1,100 mg

Instructions:

1. Toss the tofu cubes in cornstarch until evenly coated, then shake off any excess.
2. Heat the vegetable oil in a wok over medium-high heat. Fry the tofu for 3–4 minutes per side, until golden and crisp. Remove and drain on paper towels.
3. In the same wok, add the sesame oil. Stir-fry the garlic and ginger for about 30 seconds, until fragrant.
4. Add the orange juice, soy sauce, vinegar, brown sugar, and chili flakes, and simmer for 2–3 minutes, until slightly thickened.
5. Return the tofu to the wok and toss to coat in the sauce. Cook for about 1 minute.
6. Garnish with green onion and orange zest, and serve immediately over rice.



FRITTERS & SNACKS

SCALLION PANCAKES (CONG YOU BING)

Flaky, crispy, and packed with fresh scallions—these pan-fried pancakes are a beloved street food favorite.

Time to prepare: 15 min (+30 min rest) | **Time to cook:** 10 min

Ingredients:

- 1 cup (120 g) all-purpose flour
- ¼ tsp (1 g) salt
- ½ cup (120 ml) hot water
- 2 tbsp (30 ml) vegetable oil (for dough & frying)
- ½ cup (50 g) finely chopped scallions
- 1 tsp (5 g) toasted sesame seeds (optional)



Nutritional Value (per serving):

Calories: 280 kcal | Protein: 5 g | Fat: 12 g | Fiber: 2 g
Saturated Fat: 1 g | Carbohydrates: 38 g | Sodium: 300 mg

Instructions:

1. In a bowl, mix the flour and salt. Gradually pour in the hot water, stirring until a shaggy dough forms. Knead for about 3 minutes until smooth, then cover and rest for 30 minutes.
2. Divide the dough into 2 portions. Roll each into a thin 8-inch (20 cm) circle. Lightly brush with ½ tbsp oil, sprinkle with scallions and sesame seeds, then roll tightly into a log.
3. Coil each log into a spiral, tuck the end underneath, and gently flatten. Roll out again into a 6-inch (15 cm) circle.
4. Heat 1 tbsp oil in a wok over medium heat. Fry each pancake for around 2–3 minutes per side, until golden and crisp.
5. Slice into wedges and serve warm with soy-vinegar dipping sauce.

CRISPY TOFU & CORN FRITTERS

Crispy golden bites made with soft tofu and sweet corn, ideal for dipping.

Time to prepare: 10 min | **Time to cook:** 8 min

Ingredients:

- ½ cup (120 g) mashed firm tofu
- ½ cup (75 g) corn kernels (fresh or canned)
- ¼ cup (30 g) all-purpose flour
- 1 tbsp (10 g) finely chopped red bell pepper
- 1 green onion (10 g), thinly sliced
- 1 garlic clove, minced
- ½ tsp (2 g) salt
- ¼ tsp (1 g) black pepper
- ½ tsp (3 ml) soy sauce
- 3 tbsp (45 ml) vegetable oil (for frying)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (3 g) honey



Nutritional Value (per serving):

Calories: 240 kcal | Protein: 8 g | Fat: 14 g | Fiber: 2 g
Saturated Fat: 1 g | Carbohydrates: 22 g | Sodium: 800 mg

Instructions:

1. In a bowl, combine the tofu, corn, flour, bell pepper, green onion, garlic, salt, pepper, and soy sauce. Mix until the mixture is sticky but cohesive.
2. Heat oil in a wok over medium-high heat. Scoop about 2 tbsp of batter per fritter, flatten slightly, and fry for 2–3 minutes per side, until golden. Drain on paper towels.
3. In a small-sized bowl, whisk together the dipping sauce ingredients until smooth. Serve the fritters hot with the sauce.



CRISPY VEGETABLE SPRING ROLLS

Light, crunchy, and packed with fresh vegetables—these spring rolls are perfect as an appetizer or snack.



2

Time to prepare: 15 min | **Time to cook:** 10 min

Ingredients:

- 4 spring roll wrappers (20 g each)
- 1 cup (70 g) shredded cabbage
- ½ cup (50 g) shredded carrots
- ¼ cup (30 g) bean sprouts
- 2 green onions (¼ cup/20 g), thinly sliced
- 1 garlic clove, minced
- 1 tsp (5 g) grated ginger
- 2 tbsp (30 ml) vegetable oil (for frying)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) black pepper

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 5 g | Fat: 12 g | Fiber: 3 g
Saturated Fat: 1 g | Carbohydrates: 24 g | Sodium: 450 mg

Instructions:

1. In a bowl, mix the cabbage, carrots, bean sprouts, green onions, garlic, ginger, soy sauce, sesame oil, sugar, and black pepper.
2. Lay a spring roll wrapper diagonally on a clean surface. Spoon about 2 tbsp of filling near the bottom corner.
3. Fold the bottom corner over the filling, then fold in the sides and roll tightly upward. Seal the edge with a bit of water.
4. Warm oil in a wok over medium-high heat. Fry the spring rolls for 2–3 minutes per side, until golden and crisp. Drain on paper towels.
5. Serve hot with sweet chili sauce or soy sauce for dipping.

SPICY PORK WONTONS

Juicy pork-filled wontons with a crispy bottom, served with a spicy dipping sauce—irresistibly addictive.



2

Time to prepare: 20 min | **Time to cook:** 8 min

Ingredients:

- 8 wonton wrappers (15 g each)
- ½ cup (100 g) ground pork
- 1 tbsp (10 g) finely chopped scallions
- 1 tsp (5 g) grated ginger
- 1 garlic clove, minced
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 ml) sesame oil
- ¼ tsp (1 g) sugar
- ⅛ tsp (0.5 g) white pepper
- 2 tbsp (30 ml) vegetable oil (for frying)
- ¼ cup (60 ml) water (for steaming)

Dipping Sauce:

- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (2 g) chili flakes
- ½ tsp (3 g) honey

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 14 g | Fat: 8 g | Fiber: 1 g
Saturated Fat: 4 g | Carbohydrates: 16 g | Sodium: 700 mg

Instructions:

1. In a bowl, combine the pork with scallions, ginger, garlic, soy sauce, sesame oil, sugar, and white pepper, and mix until evenly combined.
2. Place about 1 tsp of filling in the center of a wonton wrapper. Moisten the edges with water, fold into a triangle, and press to seal.
3. Heat the oil in a wok over medium heat. Add the wontons and fry for about 2 minutes, until the bottoms are golden.
4. Carefully add water to the wok, cover, and steam for 4–5 minutes, until the wrappers turn translucent and the pork is cooked through.
5. In a small-sized bowl, whisk together the dipping sauce ingredients. Serve the wontons hot with the sauce.





VEGETABLE & VEGAN STIR-FRIED TOFU & VEGETABLES

SPICY SICHUAN GREEN BEANS (DRY-FRIED STYLE)

Blistered green beans with a bold, numbing heat—an addictive side dish or rice bowl centerpiece.

Time to prepare: 10 min | **Time to cook:** 8 min

Ingredients:

- 8 oz (225 g) green beans, trimmed and cut into 2-inch (5 cm) pieces
- 3 tbsp (45 ml) vegetable oil
- 3 garlic cloves, minced
- 1-inch (15 g) ginger, julienned
- 1 tbsp (15 g) Sichuan chili bean paste (doubanjiang)
- ½ tsp (2 g) Sichuan peppercorns, crushed
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 ml) rice vinegar
- 1 scallion (1 tbsp/10 g), thinly sliced



Nutritional Value (per serving, without egg):

Calories: 210 kcal | Protein: 3 g | Fat: 16 g
Saturated Fat: 2 g | Carbohydrates: 14 g | Fiber: 4 g
Sodium: 800 mg

Instructions:

1. Warm oil in a wok over high heat. Add the green beans and sauté for 4–5 minutes, stirring, until tender and blistered. Remove and set aside.
2. Reduce the heat to medium. Add the garlic, ginger, chili bean paste, and Sichuan peppercorns, and stir-fry for about 30 seconds, until fragrant.
3. Return the green beans to the wok. Add the soy sauce, sugar, and rice vinegar, and toss for about 1 minute, until evenly coated.
4. Garnish with scallions and serve right away.



GARLIC BOK CHOY WITH OYSTER SAUCE

Tender greens coated in a savory-sweet glaze—quick, simple, and packed with umami.



Time to prepare: 5 min | **Time to cook:** 5 min

Ingredients:

- 4 baby bok choy (4 cups/400 g total), halved lengthwise
- 2 tbsp (30 ml) vegetable oil
- 5 garlic cloves, thinly sliced
- 2 tbsp (30 ml) oyster sauce
- 1 tbsp (15 ml) water
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- 1 tsp (5 ml) sesame oil

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 4 g | Fat: 14 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 10 g | Sodium: 600 mg

Instructions:

1. Warm the oil in a wok over high heat. Add the garlic and cook for about 15 seconds, until golden.
2. Place the bok choy cut-side down and sear for 1 minute. Flip and stir-fry for another 2 minutes, until the leaves wilt and the stems soften.
3. In a small bowl, mix the oyster sauce, water, sugar, and white pepper. Pour over the bok choy and toss for about 30 seconds.
4. Drizzle with sesame oil and serve hot.

DRY-FRIED CAULIFLOWER WITH CHILI GARLIC

Crisp-tender cauliflower with a smoky, spicy kick—great as a side dish or served over rice.



Time to prepare: 10 min | **Time to cook:** 10 min

Ingredients:

- ½ small head cauliflower (300 g), cut into 1-inch florets
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves, minced
- 1 red chili (1 tsp/10 g), thinly sliced (or ½ tsp/0.5 g) chili flakes
- 1 tsp (5 g) sugar
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) salt
- 2 scallions (2 tbsp/20 g), sliced into 1-inch (2.5 cm) pieces
- 1 tbsp (5 g) toasted sesame seeds

Nutritional Value (per serving):

Calories: 220 kcal | Protein: 5 g | Fat: 18 g | Fiber: 4 g
Saturated Fat: 2 g | Carbohydrates: 12 g | Sodium: 900 mg

Instructions:

1. Warm the oil in a wok over high heat. Add the cauliflower and stir-fry for 4–5 minutes, until the edges are charred and the texture is tender-crisp. Remove and set aside.
2. Reduce the heat to medium, then add the garlic and chili. Stir-fry for about 30 seconds, until fragrant.
3. Return the cauliflower to the wok. Add the sugar, soy sauce, rice vinegar, and salt, and toss for about 1 minute to coat evenly.
4. Add the scallions and sesame seeds, and stir-fry for another 30 seconds. Serve immediately.



GARLIC CHILI EGGPLANT STIR-FRY

Soft, silky eggplant simmered in a bold garlic-chili sauce with a balance of sweet and tangy notes.

Time to prepare: 10 min | **Time to cook:** 12 min

Ingredients:

- 2 medium Japanese eggplants (about 1 lb / 450 g), cut into ½-inch thick half-moons
- 3 tbsp (45 ml) vegetable oil
- 4 garlic cloves, minced
- 1 red chili (1 tsp/10 g), thinly sliced (or ½ tsp/0.5 g) chili flakes
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- 1 tsp (5 ml) sesame oil
- 2 green onions (4 tbsp/30 g), sliced
- 1 tbsp (8 g) toasted sesame seeds



Nutritional Value (per serving):

Calories: 290 kcal | Protein: 4 g | Fat: 20 g | Fiber: 8 g
Saturated Fat: 2 g | Carbohydrates: 26 g | Sodium: 500 mg

Instructions:

1. In a small-sized bowl, mix the soy sauce, rice vinegar, and brown sugar. Set aside.
2. Warm oil in a wok over high heat. Add the eggplant and stir-fry for 5–6 minutes, until tender and lightly charred. Remove and set aside.
3. In the same wok, add the garlic and chili, and stir-fry for about 30 seconds, until fragrant.
4. Return the eggplant to the wok, pour in the sauce, and toss to coat. Cook for about 1 minute.
5. Finish with a drizzle of sesame oil, then top with green onions and sesame seeds.
6. Serve immediately with steamed rice.

GINGER-SCALLION BRUSSELS SPROUTS

Charred Brussels sprouts with aromatic ginger and pungent scallions—a crispy, fragrant side dish.

Time to prepare: 10 min | **Time to cook:** 8 min

Ingredients:

- 10 oz (280 g) Brussels sprouts, halved
- 3 tbsp (45 ml) vegetable oil
- 2-inch (30 g) ginger, julienned
- 3 scallions (4 tbsp/30 g), cut into 2-inch (5 cm) strips
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- ½ tsp (2 g) sesame seeds



Nutritional Value (per serving):

Calories: 220 kcal | Protein: 5 g | Fat: 18 g | Fiber: 5 g
Saturated Fat: 2 g | Carbohydrates: 13 g | Sodium: 500 mg

Instructions:

1. Warm the oil in a wok over high heat. Place the Brussels sprouts cut-side down and sear for about 3 minutes, until nicely charred. Toss and cook for another 2 minutes, until tender.
2. Push the sprouts to the sides, then add the ginger and scallions to the center. Stir-fry for about 30 seconds, until fragrant.
3. In a small-sized bowl, mix the soy sauce, rice vinegar, and sugar. Pour over the sprouts and toss for about 1 minute to coat evenly.
4. Sprinkle with sesame seeds and serve right away.



BLACK PEPPER TOFU & EGGPLANT STIR-FRY

Crispy tofu and silky eggplant in a bold black pepper glaze—savory with a punchy kick.



Time to prepare: 15 min | **Time to cook:** 12 min

Ingredients:

- 7 oz (200 g) firm tofu, pressed and cubed
- 1 small eggplant (2 cups/250 g), cut into 1-inch (2.5 cm) cubes
- 3 tbsp (45 ml) vegetable oil, divided
- 4 garlic cloves, minced
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) water
- 1½ tsp (5 g) freshly ground black pepper
- ½ tsp (2 g) sugar
- 1 scallion (1 tbsp/10 g), sliced

Nutritional Value (per serving):

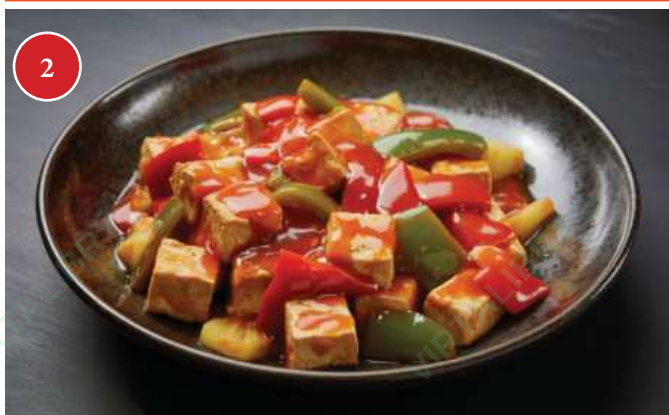
Calories: 290 kcal | Protein: 12 g | Fat: 22 g | Fiber: 6 g
Saturated Fat: 3 g | Carbohydrates: 14 g | Sodium: 700 mg

Instructions:

1. Warm 2 tbsp of oil in a wok over high heat. Add the tofu and cook for 3–4 minutes, until golden, then remove and set aside.
2. Add the remaining oil to the wok. Fry the eggplant for about 4 minutes, until tender and lightly charred.
3. Add the garlic to the center and stir-fry for about 15 seconds, until fragrant, then return the tofu to the wok.
4. In a small-sized bowl, mix the soy sauce, oyster sauce, water, black pepper, and sugar. Pour over the tofu and eggplant, and stir for about 1 minute to coat evenly.
5. Garnish with scallions and serve hot.

SWEET & SOUR CRISPY TOFU

Crispy tofu coated in a zesty, sticky, sweet-and-sour glaze with bell pepper and pineapple chunks.



Time to prepare: 10 min | **Time to cook:** 15 min

Ingredients:

- 1 block (14 oz/400 g) firm tofu, pressed and cut into 1-inch cubes
- 3 tbsp (45 ml) vegetable oil (divided)
- ½ red bell pepper (½ cup/60 g), diced
- ½ green bell pepper (60 g), diced
- ½ cup (80 g) pineapple chunks (fresh or canned)
- 2 garlic cloves, minced
- 2 tbsp (30 ml) ketchup
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) brown sugar
- ½ cup (120 ml) vegetable stock
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water

Nutritional Value (per serving):

Calories: 340 kcal | Protein: 14 g | Fat: 20 g | Fiber: 4 g
Saturated Fat: 3 g | Carbohydrates: 28 g | Sodium: 700 mg

Instructions:

1. Heat 2 tablespoons (30 ml) of oil in a wok over medium-high heat. Pan-sear the tofu cubes for 4–5 minutes, until browned and crisp. Remove and set aside.
2. In the same wok, add the remaining oil. Stir-fry the garlic for about 30 seconds, until fragrant.
3. Add the bell peppers and pineapple, and stir-fry for about 2 minutes, until slightly softened.
4. Pour in the ketchup, rice vinegar, soy sauce, brown sugar, and vegetable stock, and bring to a simmer.
5. Return the tofu to the wok, toss to coat, and cook for about 2 minutes.
6. Stir in the cornstarch slurry and cook for about 1 minute, until the sauce thickens.
7. Serve hot with jasmine rice.



CRISPY TOFU WITH BLACK BEAN SAUCE

Crispy golden tofu cubes coated in a rich, umami-packed black bean sauce with vibrant bell peppers.

Time to prepare: 10 min | **Time to cook:** 15 min

Ingredients:

- 1 block (14 oz / 400 g) firm tofu, pressed and cut into 1-inch cubes
- 3 tbsp (45 ml) vegetable oil (divided)
- 1 red bell pepper (1 cup/120 g), diced
- 2 garlic cloves, minced
- 1 tbsp (15 g) fermented black beans, rinsed and chopped
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tsp (5 g) sugar
- ½ cup (120 ml) vegetable stock
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water
- 1 green onion (2 tbsp/15 g), sliced



Nutritional Value (per serving):

Calories: 320 kcal | Protein: 16 g | Fat: 22 g | Fiber: 3 g
Saturated Fat: 3 g | Carbohydrates: 14 g | Sodium: 900 mg

Instructions:

1. Heat 2 tablespoons (30 ml) of oil in a wok over medium-high heat. Pan-fry the tofu cubes for 4–5 minutes, flipping occasionally, until crispy and golden. Remove and set aside.
2. Add the remaining oil to the wok. Stir-fry the garlic and black beans for about 30 seconds, until fragrant.
3. Add the bell pepper and cook for about 2 minutes, stirring, until slightly tender.
4. Pour in the soy sauce, Shaoxing wine, sugar, and vegetable stock. Bring to a simmer.
5. Return the tofu to the wok, toss to coat, and cook for about 2 minutes.
6. Stir in the cornstarch slurry and cook for about 1 minute, until the sauce thickens. Garnish with green onions.
7. Serve with jasmine rice.

MUSHROOM & SNOW PEA STIR-FRY WITH GARLIC

Earthy mushrooms paired with crisp snow peas in a light, savory sauce.

Time to prepare: 10 min | **Time to cook:** 7 min

Ingredients:

- 4 oz (115 g) shiitake mushrooms, sliced
- 4 oz (115 g) snow peas, trimmed
- 2 tbsp (30 ml) vegetable oil
- 4 garlic cloves, minced
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) water
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- 1 tsp (5 ml) sesame oil



Nutritional Value (per serving):

Calories: 190 kcal | Protein: 5 g | Fat: 14 g | Fiber: 3 g
Saturated Fat: 2 g | Carbohydrates: 12 g | Sodium: 550 mg

Instructions:

1. Warm the oil in a wok over high heat. Add the garlic and cook for about 15 seconds, until golden.
2. Add the mushrooms and stir-fry for about 2 minutes, until softened, then push them to one side of the wok.
3. Add the snow peas to the empty side and stir-fry for about 1 minute, until bright green and crisp-tender.
4. In a small bowl, mix the oyster sauce, water, sugar, and white pepper. Pour over the vegetables and toss for about 30 seconds to coat evenly.
5. Drizzle with sesame oil and serve hot.



SICHUAN SPICY EGGPLANT (YU XIANG QIEZI)

Tender eggplant in a bold, garlicky, slightly sweet Sichuan sauce with a subtle kick of heat.



Time to prepare: 10 min | **Time to cook:** 12 min

Ingredients:

- 2 medium Chinese eggplants (about 1 lb / 450 g), cut into 2-inch batons
- 3 tbsp (45 ml) vegetable oil
- 3 garlic cloves, minced
- 1-inch (2.5 cm) ginger, minced
- 1 green onion (2 tbsp/15 g), sliced (white and green parts separated)
- 1 small red chili (1 tsp/10 g), sliced (or ½ tsp/0.5 g) chili flakes)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) black vinegar (or rice vinegar)
- 1 tbsp (15 g) sugar
- 1 tsp (5 g) cornstarch mixed with 2 tbsp (30 ml) water
- ½ cup (120 ml) water
- 1 tsp (5 ml) sesame oil

Nutritional Value (per serving):

Calories: 280 kcal | Protein: 4 g | Fat: 18 g | Fiber: 6 g
Saturated Fat: 2 g | Carbohydrates: 28 g | Sodium: 1,000 mg

Instructions:

1. In a small-sized bowl, mix the soy sauce, black vinegar, sugar, and water until well combined. Set aside.
2. Warm the oil in a wok over medium-high heat. Add the eggplant and cook, stirring, for 5–6 minutes until tender. Remove and set aside.
3. In the same wok, add the garlic, ginger, white parts of the green onion, and chili. Stir-fry for about 30 seconds, until fragrant.
4. Return the eggplant to the wok, pour in the sauce, and stir-fry for about 2 minutes.
5. Add the cornstarch slurry and cook for about 1 minute, until the sauce thickens. Drizzle with sesame oil and garnish with green onion tops.
6. Serve hot with steamed rice.





BREAKFAST & EGGS

SCALLION & GINGER EGG CONGEE

Silky rice porridge topped with fluffy scrambled eggs, crispy shallots, and fragrant ginger.

Time to prepare: 5 min | **Time to cook:** 25 min

Ingredients:

- ½ cup (100 g) jasmine rice, rinsed
- 4 cups (950 ml) water or chicken stock
- 3 large eggs
- 2 tbsp (30 ml) vegetable oil, divided
- 1 tbsp (10 g) minced ginger
- ¼ cup (25 g) thinly sliced scallions
- 2 tbsp (15 g) crispy fried shallots
- ½ tsp (3 ml) sesame oil
- ½ tsp (2 g) salt
- White pepper to taste



Nutritional Value (per serving, without egg):

Calories: 320 kcal | Protein: 14 g | Fat: 18 g
Saturated Fat: 3 g | Carbohydrates: 28 g | Fiber: 1 g
Sodium: 650 mg

Instructions:

1. In a wok, combine the rice and water. Bring to a boil, then reduce to low heat and simmer uncovered for about 20 minutes, stirring occasionally, until thickened.
2. Whisk the eggs with salt and white pepper. Heat 1 tbsp (15 ml) of oil in a separate pan over medium heat. Scramble the eggs for 1–2 minutes, until just set, then fold them into the congee.
3. Heat the remaining oil in the wok. Sauté the ginger for about 30 seconds, until fragrant, then drizzle it over the congee.
4. Garnish with scallions, crispy shallots, and a drizzle of sesame oil.



KIMCHI & PORK EGG FRIED RICE

Savory, tangy fried rice with crispy pork, fermented kimchi, and soft scrambled eggs—quick and ready in minutes.



2

Time to prepare: 5 min | **Time to cook:** 10 min

Ingredients:

- 2 cups (300 g) cooked jasmine rice (day-old preferred)
- 4 large eggs
- ½ cup (100 g) diced pork belly or ground pork
- ⅓ cup (75 g) kimchi, chopped (plus 1 tbsp kimchi juice)
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- 1 tsp (5 g) sugar
- 2 garlic cloves, minced
- ¼ cup (25 g) sliced scallions
- 1 tsp (3 g) toasted sesame seeds

Nutritional Value (per serving):

Calories: 480 kcal | Protein: 22 g | Fat: 28 g | Fiber: 2 g
Saturated Fat: 8 g | Carbohydrates: 35 g | Sodium: 800 mg

Instructions:

1. Heat 1 tbsp (15 ml) of oil in a wok over high heat. Add the pork and cook for 3–4 minutes, until crispy. Remove and set aside.
2. In the same wok, scramble the eggs for about 1 minute, until just set. Break into chunks and remove.
3. Add the remaining oil. Stir-fry the garlic and kimchi for about 1 minute, until fragrant, then add the rice, breaking up any clumps.
4. Return the pork and eggs to the wok. Add the soy sauce, sesame oil, sugar, and kimchi juice, and toss for about 2 minutes, until evenly coated.
5. Garnish with scallions and sesame seeds, and serve.

EGG FOO YOUNG

Savory Chinese-style omelet packed with vegetables and topped with a rich, flavorful gravy.



2

Time to prepare: 10 min | **Time to cook:** 15 min

Ingredients:

- 4 large eggs
- ½ cup (50 g) bean sprouts
- ¼ cup (30 g) diced bell pepper
- ¼ cup (25 g) sliced scallions
- 2 tbsp (20 g) diced onion
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper

Gravy (optional):

- ½ cup (120 ml) chicken stock
- 1 tbsp (8 g) cornstarch mixed with 1 tbsp (15 ml) water
- 1 tsp (5 ml) soy sauce
- ½ tsp (3 ml) oyster sauce

Nutritional Value (per serving):

Calories: 240 kcal | Protein: 14 g | Fat: 18 g | Fiber: 1 g
Saturated Fat: 4 g | Carbohydrates: 6 g | Sodium: 320 mg

Instructions:

1. In a bowl, whisk the eggs with soy sauce, sugar, and white pepper. Add the bean sprouts, bell pepper, green onions, and onion, and mix to combine.
2. Heat 1 tbsp (15 ml) of oil in a wok over medium-high heat. Pour in half of the egg mixture, spreading it evenly. Cook for 2–3 minutes, until set, then flip and cook for another minute. Repeat with the remaining mixture to make a second omelet.
3. To make the gravy, heat the chicken stock in the wok until it gently boils. Stir in the soy sauce and oyster sauce, then add the cornstarch slurry. Cook for 1–2 minutes, until the sauce thickens.
4. Serve the omelet topped with the gravy.



SPICY SICHUAN EGG STIR-FRY

Spicy wok-tossed eggs with chilies, black vinegar, and a numbing kick from Sichuan peppercorns.

Time to prepare: 10 min | **Time to cook:** 5 min

Ingredients:

- 4 large eggs
- 2 tbsp (30 ml) vegetable oil
- 2 dried red chilies (1 tbsp/5 g), halved
- 1 tsp (3 g) Sichuan peppercorns, lightly crushed
- 1 garlic clove, minced
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) black vinegar
- ½ tsp (2 g) sugar
- ¼ cup (25 g) chopped scallions



Nutritional Value (per serving):

Calories: 250 kcal | Protein: 12 g | Fat: 20 g | Fiber: 1 g
Saturated Fat: 4 g | Carbohydrates: 4 g | Sodium: 500 mg

Instructions:

1. Lightly beat the eggs with a pinch of salt. Heat the oil in a wok over high heat until smoking. Add the eggs and scramble vigorously for about 30 seconds, until puffy. Remove and set aside.
2. In the same wok, stir-fry the chilies, Sichuan peppercorns, and garlic for about 15 seconds, until fragrant.
3. Return the eggs to the wok. Add the soy sauce, vinegar, and sugar, and toss for about 1 minute to coat.
4. Garnish with scallions and serve immediately.

TOMATO & EGG STIR-FRY

A classic Chinese comfort dish—soft, silky eggs with sweet-tart tomatoes in a light, savory sauce.

Time to prepare: 5 min | **Time to cook:** 10 min

Ingredients:

- 4 large eggs
- 2 medium tomatoes (1½ cups/200 g), cut into wedges
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) sugar
- ½ tsp (3 ml) soy sauce
- ¼ tsp (1 g) salt
- 2 tbsp (30 ml) water
- 1 tbsp (5 g) chopped scallions



Nutritional Value (per serving):

Calories: 220 kcal | Protein: 13 g | Fat: 16 g | Fiber: 2 g
Saturated Fat: 4 g | Carbohydrates: 8 g | Sodium: 450 mg

Instructions:

1. Beat the eggs with a pinch of salt. Heat ½ tbsp (7 ml) of oil in a wok over medium heat. Scramble the eggs for 1–2 minutes, until just set, then remove.
2. Add the remaining oil to the wok. Stir-fry the tomatoes for about 2 minutes, until slightly softened. Add the sugar, soy sauce, salt, and water, and simmer for 2 minutes.
3. Return the eggs to the wok and gently mix with the tomatoes, cooking for about 30 seconds. Garnish with scallions.





SAUCES & MARINADES

LEMONGRASS CHICKEN MARINADE

Bright, herbal, and slightly tangy—this Vietnamese-inspired marinade infuses chicken with fresh, citrusy depth.

Time to prepare: 10 min (plus 2+ hours marinating)

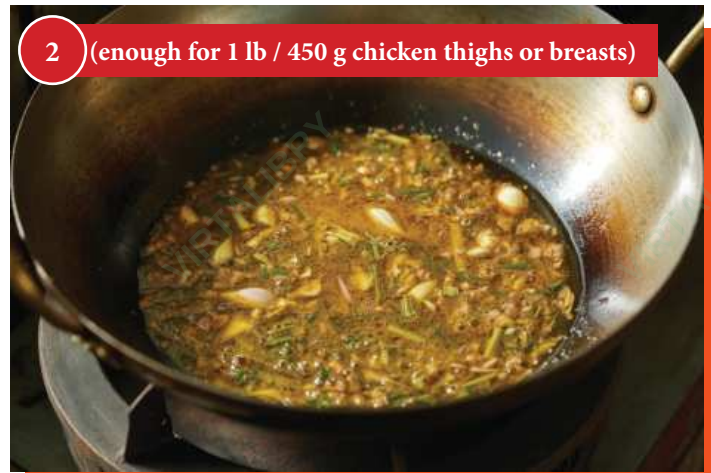
Time to cook: 0 min

Ingredients:

- 2 stalks lemongrass (3 tbsp/30 g), tender white part only, finely minced
- 2 tbsp (30 ml) fish sauce
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) brown sugar
- 1 tbsp (15 ml) lime juice
- 2 garlic cloves, minced
- 1 shallot (2 tbsp/20 g), minced
- 1 tsp (5 g) grated ginger
- ½ tsp (2 g) turmeric (for color, optional)
- 1 tbsp (15 ml) vegetable oil

2

(enough for 1 lb / 450 g chicken thighs or breasts)



Nutritional Value (per serving, without egg):

Calories: 80 kcal | Protein: 2 g | Fat: 3 g
Saturated Fat: 0 g | Carbohydrates: 10 g | Fiber: 0 g
Sodium: 1,200 mg

Instructions:

1. Pound the lemongrass in a mortar or finely mince it, then mix with the remaining ingredients in a bowl.
2. Coat 1 lb (450 g) of chicken (thighs or sliced breast) with the marinade. Cover and refrigerate for at least 2 hours (up to 24 hours).
3. Grill over medium-high heat or pan-sear until charred and cooked through.
4. Serve with vermicelli bowls, jasmine rice, or lettuce wraps. Garnish with crushed peanuts and fresh herbs such as mint and cilantro.



CHAR SIU (CANTONESE BBQ PORK) MARINADE

Sweet, sticky, and deeply aromatic—this iconic marinade gives pork its signature red color and caramelized glaze.

Time to prepare: 10 min (plus 4+ hours marinating)

Time to cook: 0 min

Ingredients:

- 2 tbsp (30 ml) hoisin sauce
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 2 tsp (10 ml) oyster sauce
- 1 tsp (5 ml) toasted sesame oil
- 1 tsp (5 g) five-spice powder
- 2 garlic cloves, minced
- 1 tbsp (15 g) grated ginger
- ½ tsp (2 g) red food coloring (optional, for classic red hue)



2 (enough for 1 lb / 450 g pork shoulder or loin)

Nutritional Value (per serving):

Calories: 120 kcal | Protein: 1 g | Fat: 2 g | Fiber: 0 g
Saturated Fat: 0 g | Carbohydrates: 24 g | Sodium: 800 mg

Instructions:

1. In a bowl, whisk all the ingredients together until smooth.
2. Coat the pork shoulder strips (2-inch pieces, about 1 lb/450 g) evenly with the marinade. Cover and refrigerate for at least 4 hours, preferably overnight.
3. Roast at 375°F (190°C) for 25–30 minutes, basting twice, or grill over indirect heat until caramelized.
4. Serve with steamed bao buns, fried rice, or sliced over noodles. Garnish with extra honey glaze and scallions.

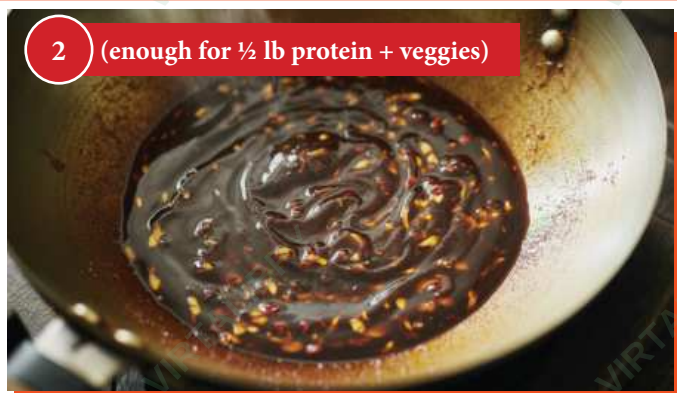
SPICY GARLIC TERIYAKI STIR-FRY SAUCE

Sweet, savory, and lightly spicy—this glossy teriyaki twist adds a kick to classic Japanese flavors.

Time to prepare: 5 min | **Time to cook:** 5 min

Ingredients:

- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 g) brown sugar
- 1 tbsp (15 ml) sake (or dry white wine)
- 1 tsp (5 ml) rice vinegar
- 1 tbsp (15 ml) water
- ½ tsp (2 g) cornstarch
- 2 garlic cloves, minced
- ½ tsp (2 g) grated ginger
- ½ tsp (2 g) red pepper flakes (optional)
- 1 tbsp (15 ml) vegetable oil



2 (enough for ½ lb protein + veggies)

Nutritional Value (per serving):

Calories: 100 kcal | Protein: 1 g | Fat: 5 g | Fiber: 0 g
Saturated Fat: 0.5 g | Carbohydrates: 12 g | Sodium: 900 mg

Instructions:

1. In a bowl, whisk together the soy sauce, mirin, brown sugar, sake, rice vinegar, water, and cornstarch until smooth. Set aside.
2. Heat oil in a wok over medium heat. Add the garlic, ginger, and red pepper flakes (if using), and stir-fry for about 20 seconds, until fragrant.
3. Pour in the sauce mixture and simmer for 2–3 minutes, stirring constantly, until it thickens to a syrupy consistency.
4. Toss with your choice of cooked protein (salmon, chicken, or tofu) and vegetables (such as broccoli, carrots, or snap peas), then serve over rice or noodles.



SICHUAN MALA SAUCE

Fiery, tingly, and addictive—this sauce delivers the signature mala (numbing and spicy) punch of Sichuan cuisine.



2 (enough for ½ lb protein + veggies)

Time to prepare: 5 min | **Time to cook:** 5 min

Ingredients:

- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (8 g) Sichuan peppercorns, lightly crushed
- 2 dried red chilies or 1 tsp (1 g) chili flakes
- 1 tbsp (15 ml) chili bean paste (doubanjiang)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ cup (120 ml) chicken stock (or water)
- 1 tsp (5 ml) sesame oil

Nutritional Value (per serving):

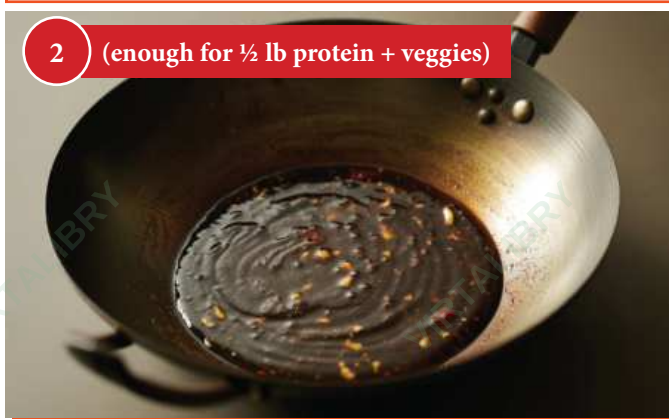
Calories: 90 kcal | Protein: 1 g | Fat: 7 g | Fiber: 1 g
Saturated Fat: 1 g | Carbohydrates: 5 g | Sodium: 800 mg

Instructions:

1. Warm the oil in a wok over medium heat. Add the Sichuan peppercorns and dried chilies, and stir-fry for about 30 seconds, until fragrant. Remove the chilies if you prefer a milder heat.
2. Add the chili bean paste and stir-fry for about 10 seconds, until aromatic.
3. Pour in the soy sauce, sugar, and stock, and simmer for about 2 minutes, until slightly reduced. Finish with a drizzle of sesame oil.
4. Toss with your choice of cooked protein (beef, pork, or eggplant) and vegetables (such as green beans, cabbage, or mushrooms), then serve with rice or noodles.

BLACK BEAN GARLIC SAUCE

A bold, fermented umami bomb that clings to proteins and vegetables with deep savory depth.



2 (enough for ½ lb protein + veggies)

Time to prepare: 5 min | **Time to cook:** 5 min

Ingredients:

- 2 tbsp (30 g) fermented black beans, rinsed and roughly chopped
- 3 garlic cloves, minced
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry)
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- ½ tsp (2 g) cornstarch
- 2 tbsp (30 ml) water

Nutritional Value (per serving):

Calories: 80 kcal | Protein: 2 g | Fat: 5 g | Fiber: 1 g
Saturated Fat: 0.5 g | Carbohydrates: 6 g | Sodium: 900 mg

Instructions:

1. In a small-sized bowl, mix the soy sauce, sugar, cornstarch, and water until well combined. Set aside.
2. Heat the oil in a wok over medium-high heat. Add the black beans and garlic, and stir-fry for about 30 seconds, until fragrant.
3. Pour in Shaoxing wine around the edges of the wok, then add the sauce mixture. Stir for 1-2 minutes, until thickened.
4. Toss with your choice of cooked protein (chicken, tofu, or shrimp) and vegetables (such as bell peppers, zucchini, or snap peas), then serve over rice or noodles.





STREET FOOD & SNACKS

SPICY WOK-TOSSED PEANUTS (KACANG DISCO)

Sweet, spicy, and satisfyingly crunchy, these peanuts are the perfect pairing for your favorite drink.

Time to prepare: 5 min | **Time to cook:** 10 min

Ingredients:

- 1 cup (150 g) raw peanuts
- 1 tbsp (15 ml) vegetable oil
- 1 small shallot (¼ cup/40 g), thinly sliced
- 1 garlic clove, minced
- 1 red chili (1 tsp/10 g), thinly sliced, or ½ tsp/0.5 g chili flakes
- 1 tbsp (15 ml) sweet soy sauce (kecap manis)
- 1 tsp (5 g) sugar
- ½ tsp (2 g) salt
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) smoked paprika

2



Nutritional Value (per serving, without egg):

Calories: 280 kcal | Protein: 10 g | Fat: 20 g
Saturated Fat: 3 g | Carbohydrates: 15 g | Fiber: 3 g
Sodium: 600 mg

Instructions:

1. Heat oil in a wok over medium heat. Add the shallots, garlic, and chili, and stir-fry for about 1 minute, until fragrant.
2. Add the peanuts and stir-fry for 3–4 minutes, until lightly toasted.
3. Pour in the sweet soy sauce, sugar, salt, cumin, and paprika. Toss continuously for 2–3 minutes, until the peanuts are glossy and evenly coated.
4. Transfer to a plate and spread in a single layer to cool and crisp up before serving.



CRISPY LOTUS ROOT CHIPS WITH CHILI SALT

Light, crunchy, and subtly sweet with a spicy-savory kick—perfect as a snack or with a cold beer.



2

Time to prepare: 10 min | **Time to cook:** 5 min

Ingredients:

- 1 small lotus root (200 g), peeled and thinly sliced ($\frac{1}{16}$ or 1-2mm)
- 2 cups (480 ml) cold water + 1 tbsp (15 ml) vinegar (to soak)
- 3 tbsp (45 ml) vegetable oil (for frying)
- $\frac{1}{2}$ tsp (2 g) chili powder
- $\frac{1}{2}$ tsp (2 g) five-spice powder
- $\frac{1}{2}$ tsp (3 g) salt
- $\frac{1}{2}$ tsp (2 g) sugar

Nutritional Value (per serving):

Calories: 180 kcal | Protein: 2 g | Fat: 12 g | Fiber: 4 g
Saturated Fat: 1 g | Carbohydrates: 18 g | Sodium: 500 mg

Instructions:

1. Soak the lotus root slices in a vinegar-water solution for 5 minutes to prevent browning, then drain and pat completely dry.
2. Warm oil in a wok over medium-high heat. Fry the lotus root in batches for 2–3 minutes, until crisp and golden. Drain on paper towels.
3. In a small-sized bowl, mix the chili powder, five-spice powder, salt, and sugar. Toss the warm chips in the spice mixture until evenly coated.

SESAME-GARLIC CHICKEN SKEWERS (YAKITORI-STYLE)

Tender and smoky, these are coated in a rich sesame-garlic glaze—perfect for quick grilling or a hot wok.



2

Time to prepare: 15 min (incl. marinating)

Time to cook: 10 min

Ingredients:

- $\frac{1}{2}$ lb (225 g) boneless chicken thighs, cut into 1 (2.5cm) cubes
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) honey
- 1 tbsp (15 ml) toasted sesame oil
- 2 garlic cloves, minced
- 1 tsp (5 g) grated ginger
- 1 tbsp (9 g) sesame seeds
- $\frac{1}{2}$ tsp (2 g) black pepper
- 2 green onions ($\frac{1}{4}$ cup/20 g), sliced (for garnish)
- Bamboo skewers, soaked in water

Nutritional Value (per serving):

Calories: 320 kcal | Protein: 28 g | Fat: 18 g | Fiber: 1 g
Saturated Fat: 4 g | Carbohydrates: 12 g | Sodium: 900 mg

Instructions:

1. Thread chicken cubes onto skewers, about 4–5 pieces per skewer.
2. Mix the soy sauce, honey, sesame oil, ginger, garlic, sesame seeds, and black pepper in a bowl. Reserve half for basting.
3. Coat the skewers with half of the marinade and let them sit for about 10 minutes.
4. Heat a wok over high heat. Add 1 tbsp (15 ml) of oil and sear the skewers for 3–4 minutes per side, until charred and cooked through.
5. Brush with the reserved marinade in the final minute of cooking. Garnish with green onions



WOK-CHARRED CORN WITH CHILI-LIME BUTTER

Sweet, smoky corn with a tangy-spicy kick—inspired by Mexican street food and made in a wok.

Time to prepare: 5 min | **Time to cook:** 8 min

Ingredients:

- 2 ears of corn (10 oz/300 g), husks removed
- 2 tbsp (30 g) unsalted butter, softened
- ½ tsp (2 g) chili powder
- ½ tsp (2 g) smoked paprika
- 1 tsp (5 ml) lime juice
- ¼ tsp (1 g) salt
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (5 g) cilantro, chopped (for garnish)
- Lime wedges (for serving)



Nutritional Value (per serving):

Calories: 220 kcal | Protein: 4 g | Fat: 16 g | Fiber: 3 g
Saturated Fat: 7 g | Carbohydrates: 20 g | Sodium: 300 mg

Instructions:

1. Mix the butter, chili powder, smoked paprika, lime juice, and salt in a small bowl. Set aside.
2. Warm oil in a wok over high heat. Add the corn and cook for 6–8 minutes, turning occasionally, until charred in spots.
3. Remove from heat and immediately brush with the chili-lime butter.
4. Garnish with cilantro and serve with lime wedges.

CRISPY WOK-FRIED TOFU WITH TAMARIND GLAZE

Sweet, tangy, and irresistibly crunchy—this vegan street snack delivers bold flavor with a sticky-sour finish.

Time to prepare: 10 min (incl. pressing tofu)

Time to cook: 8 min

Ingredients:

- ½ block (1 cup/200 g) firm tofu, pressed and cut into 1" (2.5 cm) cubes
- 3 tbsp (45 ml) vegetable oil
- 2 tbsp (30 ml) tamarind paste
- 1 tbsp (15 ml) maple syrup
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) grated ginger
- 1 garlic clove, minced
- ½ tsp (2 g) chili flakes
- 1 tbsp (8 g) toasted sesame seeds
- 1 green onion (10 g), thinly sliced



Nutritional Value (per serving):

Calories: 250 kcal | Protein: 10 g | Fat: 20 g | Fiber: 2 g
Saturated Fat: 2 g | Carbohydrates: 18 g | Sodium: 500 mg

Instructions:

1. Heat oil in a wok over medium-high heat. Fry the tofu cubes for 4–5 minutes, turning until golden and crisp on all sides. Drain on paper towels.
2. In the same wok, reduce the heat to low. Add the tamarind paste, maple syrup, soy sauce, ginger, garlic, and crushed chili, and simmer for about 1 minute, until thickened.
3. Return the tofu to the wok and toss to ensure even glazing.
4. Garnish with sesame seeds and green onion, and serve immediately.



30-DAY MEAL PLAN

WEEK 1

Day	Breakfast	Lunch	Dinner
1	Spicy Sichuan Egg Stir-Fry (p.63)	Singapore Noodles (p.34)	Crispy Salt & Pepper Whitebait (p.22)
2	Pineapple Fried Rice (p.33)	Sichuan Cold Noodles (p.38)	Spicy Coconut Lemongrass Shrimp Soup (p.43)
3	Yangzhou Fried Rice (p.30)	Hong Kong-Style Soy Sauce Noodles (p.36)	Sichuan Wonton Soup with Chili Oil (p.44)
4	Japanese Yaki Udon (p.37)	Thai Drunken Noodles (p.37)	Miso-Ginger Chicken Udon Soup (p.44)
5	Indonesian Mie Goreng (p.38)	Garlic Chili Oil Noodles (p.35)	Hot & Sour Soup (p.45)
6	Malaysian Mee Goreng (p.39)	Spicy Sichuan Dan Dan Noodles (p.36)	Wok-Fried Pho-Inspired Beef Noodle Soup (p.45)
7	Scallion & Ginger Egg Congee (p.61)	Dry-Fried Cauliflower (p.56)	Crispy Tofu with Black Bean Sauce (p.59)

WEEK 2

Day	Breakfast	Lunch	Dinner
8	Egg Foo Young (p.62)	Spicy Garlic Black Pepper Shrimp (p.24)	Red-Braised Pork Belly (p.47)
9	Kimchi Fried Rice (p.32)	Lemon-Garlic Chicken Stir-Fry (p.17)	Sweet & Sour Pineapple Tofu Stir-Fry (p.26)
10	Wok Hainanese Chicken Rice (p.41)	Spicy Sichuan Pork with Peanuts (p.21)	Garlic Bok Choy & Shiitake Tofu Stir-Fry (p.27)
11	Sichuan Spicy Fried Rice (p.31)	Black Pepper Tofu & Mushroom Stir-Fry (p.26)	Crispy Orange Tofu (p.52)
12	Tomato & Egg Stir-Fry (p.63)	Charred Pad See Ew (p.35)	Tea-Smoked Duck Braised in Soy (p.46)
13	Malaysian Sambal Fried Rice (p.32)	Korean Spicy Stir-Fried Noodles (p.34)	Soy-Braised Shiitake Mushrooms (p.48)
14	Simplified Clay Pot Rice (p.42)	Vietnamese Lemongrass Chicken Noodles (p.39)	Black Pepper Braised Short Ribs (p.46)



WEEK 3

Day	Breakfast	Lunch	Dinner
15	Japanese Garlic Butter Fried Rice (p.31)	Cashew Chicken Stir-Fry (p.19)	Black Pepper Beef Stir-Fry (p.15)
16	Wok Tomato Egg Fried Rice (p.40)	Spicy Sichuan Green Beans (p.55)	Crispy Honey Garlic Pork (p.51)
17	Vietnamese Lemongrass Chicken Fried Rice (p.29)	Shrimp with Lobster Sauce (p.23)	Sichuan Crispy Tofu with Minced Pork (p.50)
18	Wok Ginger Scallion Rice (p.40)	Twice-Cooked Pork (p.20)	Garlic Chili Eggplant Stir-Fry (p.57)
19	Nasi Goreng (p.30)	Szechuan Beef Stir-Fry (p.15)	Spicy Crispy Eggplant with Ground Chicken (p.49)
20	Wok Char Siu Fried Rice (p.41)	Ginger-Scallion Chicken Stir-Fry (p.17)	Crispy Lemongrass Chicken (p.51)
21	Scallion & Ginger Egg Congee (p.61)	Honey Garlic Beef Stir-Fry (p.14)	Braised Tofu with Peanuts (p.47)

WEEK 4

Day	Breakfast	Lunch	Dinner
22	Yangzhou Fried Rice (p.30)	Kung Pao Chicken (p.19)	Spicy Mapo Tofu Stir-Fry (p.28)
23	Tomato & Egg Stir-Fry (p.63)	Honey-Sesame Chicken Stir-Fry (p.18)	Salt & Pepper Squid (p.22)
24	Kimchi & Pork Egg Fried Rice (p.62)	Garlic Pork Stir-Fry with Green Beans (p.20)	Crispy Tofu & Broccoli Stir-Fry (p.27)
25	Egg Foo Young (p.62)	Singapore-Style Chili Crab Stir-Fry (p.23)	Dry-Fried Garlic Eggplant & Green Beans (p.25)
26	Spicy Sichuan Egg Stir-Fry (p.63)	Mongolian Beef Stir-Fry (p.14)	Miso-Glazed Tofu & Asparagus Stir-Fry (p.25)
27	Pineapple Fried Rice (p.33)	Thai Basil Beef Stir-Fry (p.13)	XO Sauce Scallops with Snow Peas (p.24)
28	Scallion & Ginger Egg Congee (p.61)	Sweet & Sour Pork Stir-Fry (p.21)	Lemongrass Chili Tofu & Kale Stir-Fry (p.28)

WEEK 5

Day	Breakfast	Lunch	Dinner
29	Wok Tomato Egg Fried Rice (p.40)	Sichuan Spicy Eggplant (p.60)	Sweet & Sour Crispy Tofu (p.58)
30	Egg Foo Young (p.62)	Ginger-Scallion Brussels Sprouts (p.57)	Mushroom & Snow Pea Stir-Fry (p.59)



SHOPPING LISTS

WEEK 1

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- White rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Dark soy sauce, 5 fl oz bottle (150 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Kecap manis (sweet soy sauce), 11 fl oz bottle (325 ml)
- Shaoxing wine, 375ml bottle
- Black vinegar, 5 fl oz bottle (150 ml)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Mirin, 10 fl oz bottle (300 ml)
- Sambal oelek, 8 oz jar (226 g)
- Curry powder, 1 oz jar (28 g)
- Turmeric, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- White pepper, 1 oz jar (28 g)
- Black peppercorns, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)
- Chili oil, 5 fl oz bottle (150 ml)
- Tahini, 16 oz jar (454 g)
- Peanut butter, 16 oz jar (454 g)
- Bonito flakes (optional), 0.5 oz pack (14 g)
- Dried red chilies, 1 oz bag (28 g)
- Star anise, 0.5 oz jar (14 g)
- Cinnamon stick, 1 oz jar (28 g)
- Kaffir lime leaves (optional), 0.5 oz pack (14 g)

Proteins

- Large eggs, 1 dozen
- Pork belly, 1 lb (16 oz / 450 g)
- Pork loin, ½ lb (8 oz / 225 g)
- Ground pork, ½ lb (8 oz / 225 g)
- Char siu (Chinese BBQ pork), 8 oz pack (225 g)
- Chicken breast, 1 lb (16 oz / 450 g)
- Chicken thighs, 1 lb (16 oz / 450 g)
- Flank steak, ½ lb (8 oz / 225 g)
- Shrimp (peeled & deveined), 1 lb (16 oz / 450 g)
- Whitebait or smelt (optional), ½ lb (8 oz / 225 g)
- Firm tofu, 14 oz block (400 g) x2
- Fried tofu (optional), 8 oz pack (225 g)

Produce

- Garlic, 2 bulbs (~20 cloves)
- Ginger root, 4 oz piece (113 g)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Green onions (scallions), 2 bunches (~12 stalks)
- Red Fresno chili, 2 peppers (~1 oz / 30 g)
- Red chili peppers, 4 peppers (~1.5 oz / 40 g)
- Thai chilies, 4 peppers (~1 oz / 30 g)
- Bell peppers (red/green), 3 medium (~18 oz / 510 g total)
- Lemongrass, 2 stalks (~2 oz / 60 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Thai holy basil (or regular basil), 1 bunch (~1 oz / 28 g)
- Shiitake mushrooms, 4 oz pack (113 g)
- Bamboo shoots, 8 oz can (226 g)
- Bean sprouts, 8 oz bag (226 g)
- Cabbage, 1 small head (~1 lb / 450 g)
- Carrots, 1 lb bag (450 g)
- Cucumber, 1 medium (~8 oz / 225 g)
- Baby bok choy, 1 bunch (~8 oz / 225 g)
- Baby spinach, 5 oz bag (140 g)
- Limes, 3 fruits
- Pineapple, 1 small (~2 cups diced)
- Cauliflower, 1 small head (~1 lb / 450 g)

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Beef broth, 32 fl oz carton (946 ml)
- Vegetable stock, 32 fl oz carton (946 ml)
- Dashi stock (or kombu powder), 1 oz pack (28 g)
- Coconut milk, 13.5 fl oz can (400 ml)
- Frozen peas & carrots, 12 oz bag (340 g)
- Preserved Sichuan mustard greens (zha cai, optional), 8 oz jar (226 g)
- Wontons (store-bought or homemade), 12 oz pack (340 g)
- Rice vermicelli, 8 oz pack (226 g)
- Fresh udon noodles, 10 oz pack (283 g)
- Fresh yellow wheat noodles (or ramen), 12 oz pack (340 g)
- Fresh wide rice noodles, 12 oz pack (340 g)
- Dried wheat noodles (lo mein or spaghetti), 16 oz pack (454 g)

Dairy

- Unsalted butter, 8 oz block (226 g)



Bakery

- Day-old rice (if not cooking fresh), 6 cups (900 g)

Optional Garnishes

- Crispy fried shallots, 3 oz jar (85 g)
- Roasted peanuts, 6 oz can (170 g)

- Cashews, 6 oz can (170 g)
- Toasted sesame seeds, 2 oz jar (56 g)
- Nori strips (optional), 0.5 oz pack (14 g)
- Lime wedges, for serving

WEEK 2

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- White rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Dark soy sauce, 5 fl oz bottle (150 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Sweet soy sauce (kecap manis), 11 fl oz bottle (325 ml)
- Shaoxing wine, 375 ml bottle
- Gochujang (Korean chili paste), 12 oz jar (340 g)
- Sambal oelek, 8 oz jar (226g)
- Fermented black beans (douchi), 8 oz bag (226 g)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Red chili flakes, 1 oz jar (28 g)
- Five-spice powder, 1 oz jar (28 g)
- Star anise, 0.5 oz jar (14 g)
- Black peppercorns, 1 oz jar (28 g)
- Dried anchovies (ikan bilis), 3 oz bag (85 g)

Proteins

- Large eggs, 1 dozen
- Pork belly, 1 lb (16 oz / 450 g)
- Bacon (optional), 8 oz pack (225 g)
- Ground pork, 1 lb (16 oz / 450 g)
- Boneless chicken breast, 1 lb (16 oz / 450 g)
- Boneless chicken thighs, 1 lb (16 oz / 450 g)
- Peeled shrimp, ½ lb (8 oz / 225 g)
- Fish cakes (optional), 8 oz pack (225 g)
- Duck legs (optional), 1 lb (16 oz / 450 g)
- Beef short ribs, 1 lb (16 oz / 450 g)
- Firm tofu, 14 oz block (400 g) x3
- Extra-firm tofu, 14 oz block (400 g)

Produce

- Garlic, 2 bulbs (~20 cloves)
- Ginger root, 4 oz piece (113 g)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Green onions (scallions), 2 bunches (~12 stalks)

- Red Fresno chili, 2 peppers (~1 oz / 30 g)
- Red chili peppers, 4 peppers (~1.5 oz / 40 g)
- Bell peppers (red/green), 3 medium (~18 oz / 510 g total)
- Lemongrass, 2 stalks (~2 oz / 60 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Shiitake mushrooms, 4 oz pack (113 g)
- Dried shiitake mushrooms, 3 oz pack (85 g)
- Bean sprouts, 8 oz bag (226 g)
- Zucchini, 1 medium (~8 oz / 225 g)
- Red onion, 1 medium (~8 oz / 225 g)
- Cabbage, 1 small head (~1 lb / 450 g)
- Chinese broccoli or kale, 1 bunch (~8 oz / 225 g)
- Baby bok choy, 1 bunch (~8 oz / 225 g)
- Cucumber, 1 medium (~8 oz / 225 g)
- Limes, 3 fruits
- Lemon, 1 fruit
- Pineapple, 1 small (~2 cups diced)
- Pandan leaf (optional), 1 leaf

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Beef stock, 32 fl oz carton (946 ml)
- Kimchi, 16 oz jar (454 g)
- Roasted seaweed (gim), 0.5 oz pack (14 g)
- Chinese sausages (lap cheong), 8 oz pack (225 g)
- Wide rice noodles (or pad thai noodles), 16 oz pack (450 g)
- Chewy wheat noodles (jjolmyeon or udon), 12 oz pack (340 g)
- Thin egg noodles (or rice vermicelli), 12 oz pack (340 g)
- Black tea leaves (or tea bags), 1 oz pack (28 g)

Dairy

- Unsalted butter, 8 oz block (226 g)

Bakery

- Day-old rice (if not cooking fresh), 6 cups (900 g)

Optional Garnishes

- Toasted sesame seeds, 2 oz jar (56 g)
- Orange zest, from 1 orange
- Lime wedges, for serving
- Fresh cilantro, for garnish

WEEK 3

Pantry Staples

- Short-grain rice, 1 lb bag (16 oz / 450 g)
- Jasmine rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Sweet soy sauce (kecap manis), 11 fl oz bottle (325 ml)
- Mirin, 10 fl oz bottle (300 ml)
- Shaoxing wine (or dry sherry), 375 ml bottle
- Hoisin sauce, 8 oz jar (226 g)
- Chili garlic sauce, 8 oz jar (226 g)
- Sichuan chili bean paste (doubanjiang), 7 oz jar (200 g)
- Fermented black bean sauce, 8 oz jar (226 g)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Black vinegar, 5 fl oz bottle (150 ml)
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Shichimi togarashi (optional), 1 oz jar (28 g)
- Turmeric powder, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)

Proteins

- Sukiyaki-cut beef or pork, 3 oz (90 g)
- Chicken thighs, 1 lb (16 oz / 450 g)
- Chicken breast (or ground chicken), ½ lb (8 oz / 225 g)
- Flank steak, ½ lb (8 oz / 225 g)
- Sirloin steak, ½ lb (8 oz / 225 g)
- Pork belly (skin-on), ½ lb (8 oz / 225 g)
- Ground pork, ½ lb (8 oz / 225 g)
- Char siu (Chinese BBQ pork), 4 oz (120 g)
- Large shrimp (peeled & deveined), ½ lb (8 oz / 225 g)

- Firm tofu, 14 oz block (400 g) x2
- Eggs, 1 dozen

Produce

- Garlic, 2 bulbs (~20 cloves)
- Ginger root, 4 oz piece (113 g)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Green onions (scallions), 2 bunches (~12 stalks)
- Red chili peppers, 4 peppers (~1.5 oz / 40 g)
- Bell peppers (red/green), 2 medium (~12 oz / 340 g total)
- Lemongrass, 2 stalks (~2 oz / 60 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Shiitake mushrooms, 4 oz pack (113 g)
- Snap peas, 6 oz bag (170 g)
- Broccoli florets, 8 oz bag (226 g)
- Green beans, 1 lb bag (450 g)
- Eggplant (Japanese or regular), 2 medium (~1 lb / 450 g total)
- Carrots, 1 lb bag (450 g)
- Leek, 1 small (~4 oz / 113 g)
- Cucumber, 1 medium (~8 oz / 225 g)
- Limes, 3 fruits

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Vegetable stock, 32 fl oz carton (946 ml)
- Beef broth, 14 oz can (414 ml)
- Roasted peanuts, 6 oz can (170 g)
- Roasted cashews, 6 oz can (170 g)
- Fried shallots (optional), 3 oz jar (85 g)
- Frozen peas & carrots, 12 oz bag (340 g)

Dairy

- Unsalted butter, 8 oz block (226 g)

Bakery

- Day-old rice (if not cooking fresh), 6 cups (900 g)

Optional Garnishes

- Toasted sesame seeds, 2 oz jar (56 g)
- Sesame seeds (for garnish), 1 oz jar (28 g)
- Lime wedges, for serving

WEEK 4

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Fish sauce, 6.76 fl oz bottle (200 ml)
- Hoisin sauce, 8 oz jar (226 g)
- Rice vinegar, 5 fl oz bottle (150 ml)
- Black vinegar (or balsamic), 5 fl oz bottle (150 ml)

- Shaoxing wine (or dry sherry), 375 ml bottle
- White pepper, 1 oz jar (28 g)
- Sichuan peppercorns, 1 oz jar (28 g)
- Red pepper flakes, 1 oz jar (28 g)
- Curry powder, 1 oz jar (28 g)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- Salt, 26 oz container (737 g)
- Chili garlic sauce, 8 oz jar (226 g)



- Tomato ketchup, 14 oz bottle (414 ml)
- Sichuan chili bean paste (doubanjiang), 7 oz jar (200 g)
- Fermented black beans, 8 oz bag (226 g)
- White miso paste, 5.3 oz tub (150 g)
- Mirin, 10 fl oz bottle (300 ml)
- XO sauce (optional), 6 oz jar (170 g)

Proteins

- Large eggs, 1 dozen
- Pork belly, ½ lb (8 oz / 225 g)
- Ground pork, 1 lb (16 oz / 450 g)
- Pork loin, ½ lb (8 oz / 225 g)
- Pork shoulder, ½ lb (8 oz / 225 g)
- Chicken thighs, ½ lb (8 oz / 225 g)
- Chicken breast, ½ lb (8 oz / 225 g)
- Flank steak, ½ lb (8 oz / 225 g)
- Ground beef (85% lean), ½ lb (8 oz / 225 g)
- Shrimp (peeled & deveined), ½ lb (8 oz / 225 g)
- Blue crab or Dungeness crab clusters (optional), 1 lb (16 oz / 450 g)
- Squid (tubes & tentacles), ½ lb (8 oz / 225 g)
- Scallops, ½ lb (8 oz / 225 g)
- Char siu (BBQ pork) or ham, 2 oz (60 g)

Produce

- Ginger root, 4 oz piece (113 g)
- Garlic, 1 bulb (~10 cloves)
- Shallots, 2 bulbs (~4 oz / 113 g)
- Scallions (green onions), 1 bunch (~6-8 stalks)
- Red chili peppers, 3 peppers (~1 oz / 30 g)
- Bell peppers (red/green), 2 medium (~12 oz / 340 g total)

- Bean sprouts, 8 oz bag (226 g)
- Broccoli, 1 small head (~12 oz / 340 g)
- Carrots, 1 lb bag (450 g)
- Snap peas, 6 oz bag (170 g)
- Green beans, 1 lb bag (450 g)
- Asparagus, ½ lb (8 oz / 225 g)
- Snow peas, 6 oz bag (170 g)
- Kale (curly), 1 bunch (~8 oz / 225 g)
- Eggplant, 1 small (~8 oz / 225 g)
- Tomatoes, 2 medium (~10 oz / 280 g)
- Pineapple, 1 small (~2 cups diced)
- Lemongrass, 1 stalk (~1 oz / 30 g)
- Cilantro, 1 bunch (~1 oz / 28 g)
- Thai basil (or regular basil), 1 bunch (~1 oz / 28 g)
- Limes, 2 fruits

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Kimchi, 16 oz jar (454 g)
- Roasted peanuts, 6 oz can (170 g)
- Cashews (optional), 4 oz bag (113 g)
- Frozen peas & carrots, 12 oz bag (340 g)

Dairy/Tofu

- Firm tofu, 14 oz block (396 g)
- Soft tofu, 14 oz block (396 g)

Bakery

- Day-old jasmine rice (if not cooking fresh), 2 cups (300 g)

Optional Garnishes

- Crispy fried shallots, 3 oz jar (85 g)
- Toasted sesame seeds, 2 oz jar (56 g)
- Lime wedges, for serving

WEEK 5

Pantry Staples

- Jasmine rice, 1 lb bag (16 oz / 450 g)
- Vegetable oil, 16 fl oz bottle (473 ml)
- Sesame oil, 5 fl oz bottle (150 ml)
- Soy sauce, 10 fl oz bottle (300 ml)
- Oyster sauce, 8 fl oz bottle (240 ml)
- Ketchup, 14 oz bottle (414 ml)
- Black vinegar (or rice vinegar), 5 fl oz bottle (150 ml)
- Cornstarch, 16 oz box (454 g)
- Sugar, 2 lb bag (907 g)
- Brown sugar, 1 lb bag (454 g)
- White pepper, 1 oz jar (28 g)
- Sesame seeds, 1 oz jar (28 g)
- Red chili flakes, 1 oz jar (28 g)

Proteins

- Large eggs, 1 dozen
- Firm tofu, 14 oz block (400 g)

Produce

- Garlic, 1 bulb (~10 cloves)
- Ginger root, 4 oz piece (113 g)

- Green onions (scallions), 1 bunch (~6-8 stalks)
- Red chili pepper, 1 pepper (~0.5 oz / 15 g)
- Red bell pepper, 1 medium (~6 oz / 170 g)
- Green bell pepper, 1 medium (~6 oz / 170 g)
- Tomatoes, 2 medium (~12 oz / 340 g total)
- Bean sprouts, 8 oz bag (226 g)
- Yellow onion, 1 medium (~8 oz / 225 g)
- Chinese eggplants, 2 medium (~1 lb / 450 g total)
- Brussels sprouts, 10 oz (280 g)
- Shiitake mushrooms, 4 oz pack (113 g)
- Snow peas, 4 oz pack (113 g)
- Pineapple, 1 small (~2 cups diced) or 8 oz can (226 g) chunks

Canned/Packaged Goods

- Chicken stock, 32 fl oz carton (946 ml)
- Vegetable stock, 32 fl oz carton (946 ml)



CONCLUSION

Mastering wok cooking is both an art and a joy, bringing together simple ingredients, essential tools, and vibrant techniques to create meals full of flavor and energy. This book has given you a wide range of recipes—from quick stir-fries to hearty braises and crispy snacks—all designed to build your confidence and creativity in the kitchen. Whether you're cooking for family, friends, or yourself, may each dish inspire you to explore new flavors and traditions, turning every meal into a celebration of wok cooking mastery.

THE WOK AS A LIFESTYLE

Cooking with a wok is more than just preparing food—it's a vibrant way of life that celebrates freshness, speed, and creativity. It encourages mindfulness, inviting you to connect with your ingredients and enjoy the rhythm of tossing, searing, and stirring. As you explore new flavors and techniques, you'll find that wok cooking fits naturally into a busy lifestyle, turning everyday meals into moments of joy and discovery. Let the wok inspire you not only in the kitchen, but as a gateway to a healthier, more flavorful, and culturally rich way of living.

EXPERIMENT & ADAPT

One of the greatest joys of cooking with a wok is its versatility. High heat and quick cooking make it easy to adapt dishes on the fly—whether adding more spice, swapping in seasonal vegetables, or trying different proteins. Feel free to explore a variety of flavors, textures, and ingredients. Every stir-fry is an opportunity to discover what combinations excite your palate and work best with your wok's unique heat and shape.

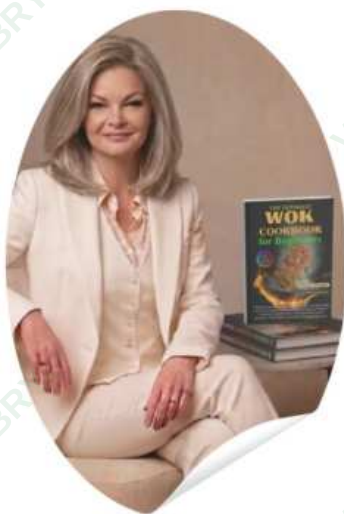
Adapting recipes to suit your tastes and available ingredients is a key part of mastering wok cooking. Traditional recipes are helpful guides, but they aren't strict rules. Feel free to adjust seasoning, swap in local vegetables or proteins, or even create entirely new dishes inspired by the wok's fast, high-heat cooking style. Over time, you'll develop a personal cooking style that reflects your preferences and curiosity.

Experimentation also keeps cooking fun and engaging, turning each meal into an opportunity for discovery. The wok encourages creativity—whether you're recreating a classic or inventing something new. Embrace trial and error, and don't worry about perfection. Every stir, toss, and sizzle builds your confidence in the kitchen. Remember, the wok is your partner in discovery—so let your imagination run wild.

FINAL THOUGHTS

Thank you for joining this journey into the world of wok cooking. With the tools, techniques, and recipes shared here, you now have everything you need to bring vibrant, flavorful meals to your table—fast and fresh. Remember, the wok is more than just a pan; it's a gateway to endless creativity and a celebration of bold, dynamic cooking. Keep experimenting, stay curious, and most importantly, enjoy every sizzling moment in the kitchen.

Happy cooking!



Dear Readers,

*May every page of this book become a source of
inspiration, joy and health for you.*

Best wishes

May Pearson

