

Oat Stir Fry

Ingredients

Stir Fry Base:

- 1 cup Quaker® Steel Cut Oats - Traditional
- 3 cups water
- 1 cup red bell pepper, deseeded and sliced (about 1 large red pepper)
- 1 cup yellow onion, sliced (about 1 large onion)
- 3/4 cup carrots, sliced thinly
- 1/2 cup green onion, sliced
- 2 ½ cups green cabbage, thinly sliced
- 1/4 tsp salt (optional season to your liking)
- 2 tbsp vegetable oil

Stir Fry Protein:

- 2 cups pork tenderloin (or meat of your choice) cut into thin strips
- 1/4 cup Mambo Sauce
- 1/2 tsp black pepper

Stir Fry Sauce:

- 1/3 cup Mambo Sauce
- 2 tbsp soy sauce, reduced sodium
- 1 ½ tsp grated ginger
- 1 tsp grated garlic
- 1/2 tsp black pepper

How to make it

1. Mix together meat, mambo sauce and black pepper and set aside. Let rest for at least 30 minutes to marinate.
2. Next, cook the oatmeal. Start by bringing a medium pot of water to a boil. Stir in salt and oats and reduce to a low simmer, cover. Simmer for 25-30 minutes until the oats are softened.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
30 min	45 min	75 min	3-4

Made with



Quaker® Steel Cut Oats - Traditional

3. Remove from the heat and let the oats stand for 10 minutes. Transfer to a fine mesh strainer and run under cold water until the water runs clear. Set aside.
4. Then, prep the sauce by mixing all sauce ingredients together until well combined.
5. Heat 1 tbsp of oil on high in a nonstick pan. Once the oil begins to smoke, add in bell pepper and onion and stir while sautéing for 30 seconds to a minute, until the onions turn slightly tan/brown.
6. Then, add carrots and cabbage and sauté until cabbage starts to wilt. Remove vegetables from the pan and set aside.
7. Add 1 tbsp of oil to the pan while still on high heat, and once it begins to smoke, add your meat and spread out across the pan. Once spread out, do not move the meat until it's almost completely cooked. Once nearly finished, stir a few times until fully cooked.
8. Add in vegetables and stir fry sauce and stir. Remove from the heat and add green onions.
9. Split into 3-4 portions and place over warm oats.
10. Drizzle additional Mambo sauce to your liking over top, and garnish with more fresh green onions and sesame seeds. Serve immediately and enjoy!