

Treasure Barrel

Garlic Broccoli Stir Fry With Chickpeas: Vegan Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
3 Servings	**Easy** Difficulty	**Asian-inspired** Cuisine

Ingredients

For the Stir Fry

- [ ] 2 tbsp high-heat cooking oil (like avocado or canola), divided
- [ ] 1 (15-ounce) can chickpeas, rinsed, drained, and patted very dry
- [ ] 1 large head of broccoli (about 1 lb), cut into bite-sized florets
- [ ] 4 cloves garlic, minced
- [ ] 1 inch fresh ginger, grated

For the Sauce

- [ ] 1/4 cup low-sodium soy sauce (or tamari for gluten-free)
- [ ] 1/4 cup water
- [ ] 2 tbsp maple syrup
- [ ] 1 tsp toasted sesame oil
- [ ] 1 tbsp cornstarch

For Garnish (Optional)

- [ ] Toasted sesame seeds
- [ ] Sliced green onions

Instructions

1. First, let's get our sauce ready. It's like mixing colors on a palette before you start painting; it makes everything flow so much better. In a small bowl, I want you to whisk together the soy sauce, water, maple syrup, toasted sesame oil, and cornstarch. Keep whisking until the cornstarch is completely dissolved, leaving you with a smooth, glossy sauce. This little step is so important because it ensures your sauce will thicken beautifully later without any clumps. Set it aside for now, within easy reach of your stove.

2. Now, let's heat things up. Place a large skillet or a wok over medium-high heat and add a tablespoon of your cooking oil. Once the oil shimmers, it's ready. Carefully add your well-drained and patted-dry chickpeas. Let them cook for about 5 to 7 minutes, stirring them occasionally, until they're lightly golden and just starting to feel a bit crispy on the outside. This step gives them a wonderful texture that holds up to the sauce. Once they're ready, scoop them out with a slotted spoon and set them aside.

3. In that same skillet, add the remaining tablespoon of oil. Now it's time for the star, the broccoli. Add all of your broccoli florets and sliced stems to the hot pan. Let them cook, stirring pretty frequently, for about 4 to 5 minutes. You're looking for them to turn a really bright, vibrant green and become tender-crisp. Ugh, that color is just gorgeous. After that, push the broccoli to one side of the pan and add your minced garlic and grated ginger to the empty space. Let them cook for just about 30 seconds until they become ridiculously fragrant. Be careful not to let them burn!

4. Okay, we're at the final crescendo! Give your sauce a quick re-whisk, just in case anything has settled. Pour it all into the skillet over the broccoli and aromatics. It will start to bubble and thicken almost immediately, which is so satisfying to watch. Add the crisped chickpeas back into the pan. Now, gently toss everything together, making sure every single floret and chickpea is coated in that delicious, glossy sauce. Let it all simmer together for another minute, and that's it. It's ready to serve, hot and fragrant, right from the pan.

Nutrition per serving

310 kcal	12 g	40 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- The key to getting a good texture on your broccoli is not to overcrowd the pan. If your skillet isn't large enough, it's much better to cook the broccoli in two separate batches. This ensures it stir-fries and gets those lovely browned bits instead of just steaming, which can make it soft. A little patience here goes a long way.
- Don't be shy with the garlic and ginger! The amounts in the recipe are a great starting point, but if you're a big fan like I am, feel free to add an extra clove of garlic or another knob of ginger. These aromatics form the backbone of the flavor, so adjusting them to your personal taste is a wonderful way to make the dish your own.
- Make sure to give the sauce a final whisk right before you pour it into the pan. The cornstarch has a tendency to settle at the bottom of the bowl as it sits. A quick stir ensures it's evenly distributed, which is the secret to a perfectly smooth, glossy sauce that coats everything beautifully. It is one of my favorite rustic bites.