

Ginger-Garlic Carrot Stir Fry

A healthy and flavorful Asian-inspired stir-fry dish featuring the vibrant flavors of ginger and garlic with sweet carrots. This dish is light, nutritious, and perfect for a quick and satisfying meal.



Main Dish

Asian

20 min

Total time

Easy

Difficulty

120

kcal / serving

Nutrition per serving (estimated)

Protein 4 g

Carbs 19 g

Fat 3 g

Fiber 4 g · Sugar 10 g · Sodium 180 mg

Ingredients

- 1 carrot, thinly sliced
- 2 cloves of garlic, minced
- 1 tsp ginger, grated
- 1/4 cup milk
- 1/2 onion, sliced
- Salt and pepper to taste

Substitutions

Milk – Use an equal amount of unsweetened soy milk for a similarly creamy finish.

Fresh ginger – Use 1/4 teaspoon ground ginger in place of the 1 teaspoon grated ginger.

Yellow onion – Use an equal amount of sliced shallot for a similarly mild, sweet allium flavor.

Steps

- 1 Heat a non-stick pan over medium heat.
- 2 Add the sliced carrots and onions to the pan and sauté until slightly tender.
- 3 Stir in the minced garlic and grated ginger, cooking for another minute.
- 4 Pour in the milk and season with salt and pepper.
- 5 Continue to stir-fry until the carrots are cooked to your desired tenderness.
- 6 Serve hot and enjoy!

Chef's tips

- Aim for carrot slices of even thickness so they soften at roughly the same pace.
- The milk should look lightly creamy and cling to the vegetables; avoid letting the pan boil hard, which can encourage curdling.
- A wide non-stick skillet gives the vegetables room to cook evenly without crowding.

Drink pairing

A dry, crisp Riesling

Its bright acidity complements the sweet carrots and fresh ginger without overwhelming the light, creamy sauce.

0% option: Chilled jasmine tea

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot, stirring so the vegetables warm evenly.

Frequently asked questions

How can I tell when the carrots are done?

They should be tender when pierced with a fork while still holding their shape; cook longer if you prefer them softer.

Why did the milk sauce look separated?

A hard boil can make milk separate. Keep the mixture at a gentle simmer and stir regularly.

Can I prepare this ahead?

It is best freshly cooked, but you can slice the carrot and onion and mince the aromatics ahead; refrigerate them covered and cook within a day.