

CopyCat Benihana Hibachi Vegetables

Ingredients

1-2 cups Broccoli florets trimmed to even size, fresh is best, use frozen if you must
1 package Mushrooms button, shitake, or your favorite, cut into quarters or sliced
1 large Red Bell Pepper cut into thin strips
1-1 ½ large onions sliced thin
3 medium zucchinis cut into rounds and then halved
3-4 green onions trimmed and whites and greens separated; save some for fried rice
1 tablespoon sesame oil
1 tablespoon butter
3-4 cloves garlic
2 tablespoons soy sauce sub with low-sodium, Tamari, liquid aminos or coconut aminos
Garnish with sesame seeds and green onions

Directions

Blackstone Flat Top Grill Instructions:

Heat Blackstone or flat-top grill to about 400° F (200°C), and spread oil where you will be grilling the vegetables.

Add the onions (including the white parts of the green onions) and broccoli to the griddle. Stir-fry for about 3-4 minutes until tender, during last minute, add the garlic and saute until fragrant, about a minute.

Add the remaining vegetables to the griddle and continuing stir frying for an additional 3-4 minutes until they reach a crisp-tender texture.

Toss the vegetables with butter, salt, pepper, and soy sauce.

Stir everything together to combine the flavors. Transfer the cooked vegetables to a plate, enjoy immediately.

How to Make Hibachi Veggies on Stovetop:

Heat a large frying pan or wok over medium high heat.

Add oil to the pan and allow it to heat up.

Follow above recipe for sauteing the veggies and then add the butter, kosher salt, black pepper and soy sauce or alternative if using and give it all a good stir.