

Spring Onion Ginger Sauce

This recipe brings bold flavor to liven up your meals with only 65 mg of sodium per serving.

YIELD 10 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

3 Tbsp	Olive Oil
6 Tbsp	Ginger, fresh, peeled, very finely
2 bunches	Spring Onions or Green Onions (4 bunches), white and light green parts only, very finely minced Minced or grated
¼ cup	Orange Juice, fresh squeezed, approximately 1 orange
½ tsp	Soy Sauce
½ cup	Water
2 tsp	Sesame Oil
¼ tsp	Kosher Salt
¼ tsp	Cayenne Pepper
¼ tsp	Orange Zest

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a medium sauté pan over medium-high heat. Add the olive oil and swirl to coat.
3. Add the minced ginger and sauté for about 30 seconds, or until aromatic.
4. Add the spring onion to the ginger and continue to sauté for another minute or until the onions become soft.
5. Add orange juice and soy sauce and stir until the liquid is incorporated, approximately another 45 seconds.
6. Add water to the pan, stirring gently for approximately 30 seconds to a minute. This should loosen the mixture from a chunky paste to a sauce like consistency.
7. Remove from the heat and transfer the sauce into a heat safe bowl.
6. Add the sesame oil, salt, cayenne, and orange zest to the mixture and stir until evenly incorporated.



CHEF'S NOTES

This sauce is versatile and robust and pairs well with lean protein sources including chicken, fish, pork tenderloin, and tofu. The vibrant ginger and citrus enhance the subtly sweet flavor of shrimp perfectly and adds a flavor boost for plain whole grains like brown rice and quinoa. Get creative by mixing it with creamy goat cheese to serve with crackers, or adding to plain Greek yogurt for a surprising twist on tzatziki sauce, perfect for dipping your favorite veggies.

Nutrition Facts

10 servings per container

Serving Size 2 tbsp (47 g)

Amount per serving

Calories 60

% Daily Value *

Total Fat 5g 7%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 3g 0%

Dietary Fiber less than 1g 2%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein less than 1g 0%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.33mg 0%

Potassium 83mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

