

Asian greens and shiitake mushrooms



0:10
To Prep

0:10
To Cook

6
SERVINGS

Discover the taste of Asia with this authentic stir fry side dish starring fresh greens and shiitake mushrooms.

Nutrition

Energy 420kJ	Fat saturated 1.50g
Fat Total 7.00g	Carbohydrate sugars -
Carbohydrate Total 7.00g	Dietary Fibre 2.50g
Protein 3.50g	Cholesterol mg
Sodium 265.00mg	

All nutrition values are per serve.

Ingredients

- 2 tablespoons peanut oil
- 2 garlic cloves, crushed
- 2 teaspoons finely grated fresh ginger
- 100g fresh shiitake mushrooms, thinly sliced
- 1 bunch baby pak choy, trimmed, leaves separated, stems cut from leaves
- 1 bunch baby bok choy, trimmed
- 1 x 425g can baby corn spears, drained
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 2 tablespoons water

Method

1. Heat oil in a large frying pan or wok over medium-high heat. Add garlic and ginger. Stir-fry for 30 seconds or until aromatic.
2. Add the mushroom and stir-fry for 2 minutes. Add the pak choy stems and stir-fry for 1 minute. Add the pak choy leaves, buk choy, corn, oyster sauce and soy sauce. Toss to combine.
3. Add the water and reduce heat to low. Cover and cook for 2 minutes or until the vegetables are just tender. Serve.