



READY TO COOK
BY HARRIS FARM

ASIAN GREENS AND MUSHROOMS STIR FRY WITH BLACK BEAN SAUCE



PREP
5 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 1 Bunch of Bok Choy
- > 1 Bunch of Gai Lan
- > 1 Bunch of Choy Sum
- > 100g Ear Wood Mushrooms
- > 150g Mixed Asian Mushroom
- > 150g Oyster Mushrooms
- > 150g Snow Peas
- > 1 Lemon
- > 100ml Black Bean Sauce

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Sesame Seeds
- > Salt and Pepper

METHOD – GET COOKING!



1 Bring a large pot with salted water to the boil.

Cut the **bottom off** the **gai lan** and **choy sum**. Remove the **stalk and vein** from each **snow pea**. **Slice king oyster and shitake mushrooms**. **Tear the shimeji, wood ear and oyster mushrooms into pieces**.

2 In a hot wok, add a little oil and **sauté** each of the **mushroom varieties individually** for approx. 1-2 mins. **Set aside and keep warm**.

In the **boiling water**, **blanch** each of the **greens individually** for approx. 2mins or **until vibrant green**. **Set aside** with a slotted spoon or tongs and **keep warm**.

3 Add the **black bean sauce** to the same **wok** with 3 tbsp of water and **bring to the boil**. **Turn off the heat**, add the **juice of ½ a lemon** and **set aside**.

4 Arrange the **Asian greens and mushrooms** on a **platter**, **drizzle over black bean sauce** and **sprinkle with some roasted sesame seeds**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover Black bean sauce on any other Asian dish with vegetables or meats.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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