

ASIAN GREENS AND MUSHROOMS STIR FRY WITH BLACK BEAN SAUCE





INGREDIENTS:

- > 1 Bunch of Buk 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

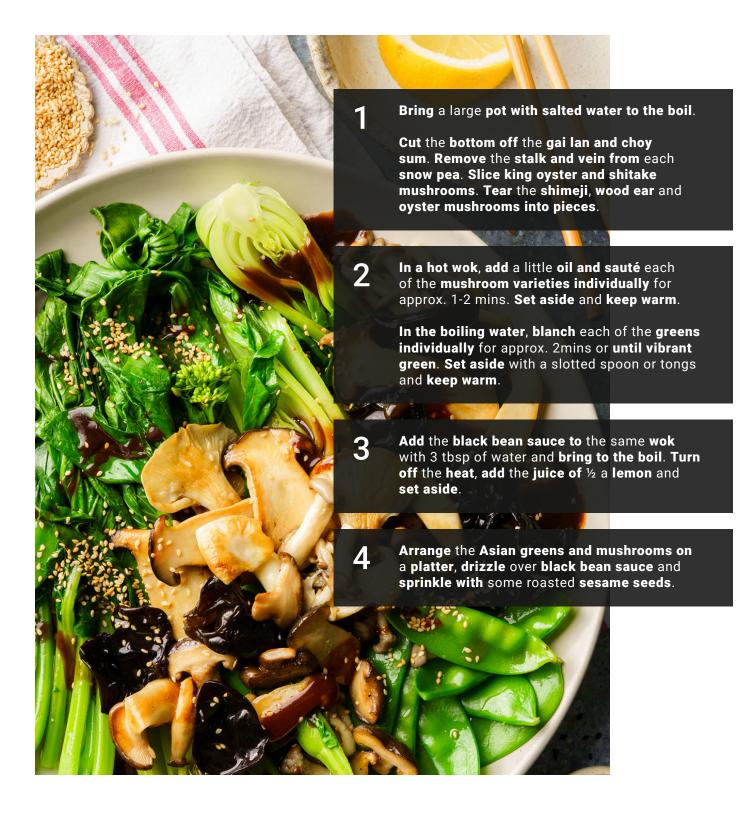
WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper

- > 1 Lemon
 - > 100ml Black Bean Sauce

> Sesame Seeds

METHOD - GET COOKING!



CHEF'S TIPS FOR COOKING AND LEFTOVER...

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



FEEDBACK OR QUESTIONS?

Shoot us an email at: online@harrisfarm.com.au