



Mushroom & Pak Choy Stir Fry

Serves 4 | 72 calories per serve

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 1 bunch pak choy, cut into pieces
- 4 dried shiitake mushrooms, soaked in boiling water for 15 minutes, drained and sliced
- 300g Asian mushrooms (e.g. shiitake, oyster), halved if large
- 1 garlic clove, crushed
- 2 tablespoons salt reduced soy sauce*

*Note: use gluten free soy sauce if you are gluten intolerant.

METHOD:

1. Heat the oil in a wok or frying pan. Add garlic then pak choy and stir fry for 1 minute.
2. Add all the mushrooms and stir fry for a further minute.
3. Add the soy sauce and stir through. Serve as a side dish.

NUTRITIONAL INFORMATION

(per serve*)

Calories:	72 cal
Kilojoules:	339kJ
Protein:	3.4g
Fat Total:	4.7g
Fat Saturated:	0.7g
Cholesterol:	0mg
Carbohydrates:	2.2g
Dietary Fibre:	3.9g
Sodium:	374mg

*This recipe has 4 serves.