



GREEN BEAN & OYSTER MUSHROOM STIR-FRY

CREDIT: EMILY WIGHT, WELLFEDFLATBROKE.COM

INGREDIENTS

Sauce:

¼ cup (60mL) soy sauce
2 tbsp. honey
1 tbsp. sherry vinegar
1 tsp. sesame oil
½ tsp. ground black pepper
1 tbsp. cornstarch
Salt, to taste

Vegetables:

1 tbsp. grapeseed oil
2 tsp. minced fresh ginger
4 garlic cloves, minced
½ lb. (225g) oyster mushrooms, torn into strips

¼ tsp. coarse salt

½ lb. (225g) green beans or Chinese long beans trimmed & cut into 2" (5cm) pieces
½ lb. (225g) celery, chopped
1 minced scallion
1 tsp. toasted sesame seeds

DIRECTIONS

In a small bowl, combine soy sauce, honey, sherry vinegar, sesame oil, and pepper. In a separate small bowl, whisk cornstarch with about two tablespoons cold water to form a slurry; whisk into the soy sauce mixture. Set aside.

Heat oil in a large pan set over medium-high heat. Add the mushrooms, and let them sit for two minutes until they have begun to brown and release their liquid. Sprinkle the mushrooms with salt, and cover. Reduce heat to medium, and cook for four minutes.

Add green beans to the pan stir gently, then re-cover and cook for another three minutes.

Remove the lid, then add the celery to the pan, cooking for an additional two to three minutes, until celery brightens. Test a piece of bean for doneness – it should be tender-crisp to the bite. Add the sauce, stirring to coat for about a minute, until sauce thickens and reduces slightly.

Spoon onto a serving plate, and sprinkle with minced scallion and sesame seeds.



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