



### Product Spotlight: Bamboo Shoots

Did you know bamboo is the fastest-growing plant on Earth, once growing an incredible 120cm in 24 hours? The edible shoots are heart-friendly, contain protein, vitamins and minerals and a good amount of fibre.



## Veggie & Black Bean Sauce Stir-Fry

Stir-fried mushrooms, sugar snap peas and bamboo shoots in a delicious black bean sauce from local business 'The Ugly Mug', tossed with cashews and served over rice.



30 minutes



2 servings



Plant-Based

## Make fried rice!

*Stir-fry the cooked veggies, rice and sauce for a quick fried rice. Add more flavour with Chinese five spice or sweet chilli sauce to taste!*

Per serve: **PROTEIN** 18g **TOTAL FAT** 20g **CARBOHYDRATES** 52g

## FROM YOUR BOX

BASMATI RICE	150g
BROWN ONION	1
RED CAPSICUM	1
SWISS BROWN MUSHROOMS	150g
SUGAR SNAP PEAS	150g
TINNED BAMBOO SHOOTS	225g
GARLIC CLOVES	2
BLACK BEAN SAUCE	100ml
ROASTED CASHEWS	40g

## FROM YOUR PANTRY

sesame oil, pepper, soy sauce, dried chilli flakes (optional)

## KEY UTENSILS

saucepan, large frypan or wok

## NOTES

You can use the veggies to make kebabs for the barbecue! Use the sauce for marinating, or as a dipping sauce.



### 1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PREPARE THE VEGETABLES

Slice **onion**, **capsicum** and **mushrooms**. Trim and halve **sugar snap peas** (see notes). Drain **bamboo shoots**. Keep separate.



### 3. COOK THE ONION

Heat a large frypan or wok over high heat with **1 tbsp sesame oil**. Add **onion** and cook for 3–4 minutes until starting to soften.



### 4. ADD THE VEGETABLES

Add **prepared vegetables** and **bamboo shoots**. Crush in **garlic cloves**. Cook, tossing, for 3 minutes or until tender.



### 5. FINISH THE STIR-FRY

Stir in **black bean sauce**, **1/3 cup water** and **1 tbsp soy sauce**. Add **cashews** and stir to combine.



### 6. FINISH AND SERVE

Serve **black bean stir-fry** with **rice**. Adjust seasoning with extra **soy sauce**, **pepper** and/or some **dried chilli flakes** (optional).



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