



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



4 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	TOTAL FAT	CARBOHYDRATES
	12g	17g	38g

FROM YOUR BOX

BASMATI RICE	300g
BROWN ONION	1
RED CAPSICUM	1
SWISS BROWN MUSHROOMS	300g
SUGAR SNAP PEAS	250g
TINNED BAMBOO SHOOTS	225g
GARLIC CLOVES	2
BLACK BEAN SAUCE	100ml
ROASTED CASHEWS	80g

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 **600ml 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 **dried chilli flakes** (optional).



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