





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.





4 servings



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

178

3

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

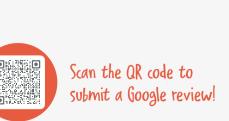
sesame oil, pepper, soy sauce, dried chilli flakes (optional)

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).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



