



Ginger Mushroom Stir-Fry

Tender broccoli, charred capsicum and golden mushrooms with a ginger sauce, tossed with roasted cashews and served on fluffy rice.



25 minutes



2 servings



Plant-Based

FROM YOUR BOX

BASMATI RICE	150g
GINGER	1 piece
BROCCOLI	1
RED CAPSICUM	1
BUTTON MUSHROOMS	150g
CASHEWS	1 packet

FROM YOUR PANTRY

oil for cooking, salt and pepper, corn flour, soy sauce or stir-fry sauce of choice

NOTES

You can transform this dish into a fried rice by tossing the cooked rice with stir-fry vegetables. Add soy sauce for flavour.

1. COOK THE RICE

Place **rice** in a saucepan, cover with **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

2. PREPARE THE SAUCE

Whisk together **3 tsp cornflour**, **2 tbsp soy sauce or stir-fry sauce** and **1/2 cup water** in a small bowl. Set aside.

TIP *We used 2 tbsp pre made stir-fry sauce. You could use black bean sauce, hoisin sauce, kecap manis or another pre-made stir-fry sauce. Add some crushed garlic for extra depth of flavour.*

3. COOK THE STIR-FRY

Peel and grate or julienne **ginger**. Cut **broccoli** (use to taste) into small florets. Dice **capsicum** and thickly slice **mushrooms**. Heat a wok or frypan over high heat. Add **oil**, ginger and vegetables. Cook until tender (roughly 5 minutes). Pour in prepared sauce and simmer for 1 minute until thickened (add more water to sauce if needed).

TIP *Use sesame oil for extra fragrance. If you would like more vegetables you can add carrot, snow peas or green beans.*

4. FINISH AND SERVE

Stir **cashews** through vegetables and season with **pepper** to taste. Serve with rice.

TIP *Season with ground white pepper for a more delicate flavour. Garnish with sliced chives or spring onions if you have some.*

This recipe has simplified instructions to help lower your meal cost.