



Serves: 4

Stir-Fried Shimeiji Mushrooms and Sugar Peas with Abalone Sauce

Ingredients

- Shimeiji mushrooms 300g
- Sugar peas 75g
- Ginger 10g
- Garlic 10g
- Abalone sauce 2 tbsp
- Corn oil 1 tsp

Tips:

- Cook vegetables lightly or until just cooked to retain their crunch and flavour. Overcooking will reduce the amount of nutrients in vegetables.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Vegetables such as tomatoes, corn, peas and mushrooms are good sources of glutamate and act as natural flavour enhancers.

Method

- Blanch the shimeiji mushrooms in boiling water for 30 seconds.
- Add sugar peas for another 30 seconds. Drain.
- Heat 1 teaspoon of corn oil in the wok and stir-fry garlic and ginger till fragrant.
- Stir in shimeiji mushrooms and sugar peas.
- Add in abalone sauce and stir-fry till cooked. Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 47kcal
Protein 3.2g
Total fat (g and % of total calories)
1.5g (25.7%)
Saturated fat 0.2g
Cholesterol 0mg
Carbohydrate 6.5g
Dietary Fibre 1.4g
Sodium 118 mg