



Serves: 4

Wok-fried Broccoli with Assorted Mushrooms

Ingredients

- 200g of broccoli, cut into small florets
- 40g of enoki mushrooms, with the bottom roots removed
- 40g of fresh shitake mushrooms, with stems trimmed
- 1 tbsp garlic, finely minced

Soy seasoning:

- 1 tbsp of soy sauce*
- 1 tbsp of oyster sauce*
- 2 tbsp of water
- 2 tbsp of canola oil*
- 1 tsp of sugar

Method

- Blanch the broccoli in lightly salted boiling water for 2 minutes. Drain and set aside.
- In a heated wok, stir-fry the garlic until fragrant with some oil.
- Add in the mushrooms and stir-fry for 1 minute, then add in the blanched broccoli.
- Mix the seasoning together, pour over the vegetables and heat through.
- Serve immediately.

Tips:

- Fruits and vegetables are rich in vitamins and fibre which help to lower the risk of some cancers.
- Cook vegetables lightly to retain crunch and flavour. Overcooking will reduce the amount of nutrients in the vegetables.
- It is easier to control the flavours of the dish when you adjust the seasoning in a bowl first.



*Choose products with the Healthier Choice Symbol.