



Sweet & sour mushrooms

Serves 4; Ready in 20 minutes

2 tbs peanut or canola oil
1 medium red onion, cut into thin wedges
2 celery stalks, thinly sliced diagonally
1 medium red capsicum, halved, deseeded and roughly chopped
350g button mushrooms, halved
250g jar sweet & sour stir-fry sauce*
125g grape, mini roma or cherry tomatoes, halved lengthways
steamed jasmine rice, to serve

1. Heat a wok over high heat until hot. Add oil and heat until hot. Add onion and stir-fry for 1 minute.
2. Add celery and capsicum and stir-fry for 1 minute. Add mushrooms and stirfry for 2 minutes.
3. Add sweet & sour stir-fry sauce. Stir-fry for 1-2 minutes or until sauce is hot.
4. Add tomatoes and stir-fry for 1 minute. Serve with steamed jasmine rice.

** Sweet & sour stir-fry sauce is available in the bottled sauce section in supermarkets.*