



Wok-fried Mushrooms with Honey and Soy

Preparation: 10 minutes; Cooking: 9 minutes; Serves 4

- 2 tbs soy sauce
- 1 tbs oyster sauce
- 1 tbs honey
- 1 tbs sesame seeds
- 2 tbs peanut oil
- 400g button mushrooms, trimmed
- 200g Swiss brown mushrooms, trimmed
- 6 green onions, thinly sliced
- 1 small red chilli, deseeded & finely chopped

1. Combine the soy sauce, oyster sauce & honey in a small jug. Set aside.
2. Heat a wok over high heat. Add the sesame seeds & cook, stirring constantly, for 2-3 minutes or until golden. Remove to a plate & set aside.
3. Add the oil to the wok & heat over high heat until hot. Add the mushrooms & stir-fry for 1 minute or until well coated with oil.
4. Add the soy sauce mixture & stir-fry for 2 minutes or until mushrooms are just tender. Add the green onions, chilli & sesame seeds & stir-fry for 1 minute. Serve immediately.

Tip: Simply serve with crusty bread & a green salad. Or serve with mashed potato & pan-fried steak.