



Mushroom, pork & asparagus stir-fry

Serves 4

1/4 cup peanut oil
500g pork fillet, thinly sliced
4 green onions, thinly sliced
2 garlic cloves, finely chopped
2cm piece ginger, peeled, cut into thin strips
1 tsp sesame oil
100g Shiitake mushrooms, halved
350g cup mushrooms, thickly sliced
1 bunch asparagus, trimmed, cut into 5cm pieces
1 bunch baby pak choy (bok choy), trimmed, stems chopped, leaves separated
1/3 cup oyster sauce
1/3 cup chicken stock
Steamed jasmine rice, to serve

1. Heat a wok over high heat until very hot. Add 1 tbs oil and swirl to coat wok. Add half the pork. Stir-fry for 2 minutes or until almost cooked through. Transfer to a plate. Repeat using 1 tbs oil and remaining pork.
2. Heat remaining 1 tbs oil in wok over high heat. Add green onions, garlic, ginger, sesame oil and shiitake mushrooms. Stir-fry for 1 minute. Add cup mushrooms, asparagus and pak choy stems. Stir-fry for 2 minutes.
3. Add oyster sauce, stock, pork and bok choy leaves to wok. Stir-fry for 1—2 minutes or until leaves just wilt. Serve with steamed jasmine rice.

Australian Mushroom Growers

Locked Bag 3, Windsor NSW 2756

Tel: 02 4577 6877 Fax: 02 4577 5830 Email: info@amga.asn.au

www.oz-mushrooms.com.au