

BLACK BEAN AND VEGETABLE STIR-FRY

Source: Linda Frazer – The Vegetarian kitchen
Serves 2



- Spring onion - 8
- White mushrooms – 2 cups
- Red pepper - 1
- Green pepper - 1
- Carrots - 2
- Sesame oil – 2 TBSP
- Garlic (crushed) – 2 cloves
- Black bean sauce – 4 TBSP
- Warm water – 6 TBSP
- Beansprouts - 220g
- Salt and freshly ground pepper

1. Thinly slice spring onions and mushrooms. Set aside in separate bowls.

2. Cut peppers into strips.

3. Cut carrots into very thin slabs.

4. Heat the oil in a large wok.

5. Add the green onions and garlic, stir fry for 30 seconds.

6. Add the mushrooms, peppers and carrots. Stir-fry for 5 to 6 min on high heat till begin to soften.

7. Mix the black bean sauce with the water. Add to wok and cook for 3 to 4 min.

8. Stir in the beansprouts and stir-fry for 1 more minute until all the vegetables are coated in the sauce. Season to taste.

Serve at once