

Fungi Fresh Recipes

Asparagus, Beef & Shiitake mushroom stir-fry

Ingredients:

- 500g beef (thinly sliced)
- 3 tablespoons soy sauce
- 3 tablespoons Chinese cooking wine
- 2 tablespoons garlic (chopped)
- 2 tablespoons ginger (chopped)
- 1 tablespoon cornstarch
- 1 tablespoon oil
- 500g asparagus (sliced into bite sized pieces)
- 500g shiitake mushrooms (stems removed and sliced)
- 1 tablespoon chili sauce (optional)
- 1/2 cup chicken stock
- 1 teaspoon sesame oil
- * soy sauce to taste



Directions:

1. Marinate the beef in the soy sauce, rice wine, garlic, ginger, and cornstarch while you chop everything.
2. Heat the oil in a pan.
3. Add the beef and its marinade, and saute until almost cooked and set aside.
4. Heat the oil in the pan.
5. Add the garlic and ginger and saute until fragrant, about 1 minute.
6. Add the mushrooms and saute until soft, about 3-4 minutes.
7. Add the asparagus and saute for 1-2 minutes.
8. Add the chili sauce, beef and chicken stock.
9. Cover and simmer for a few minutes.
10. Add the sesame oil and season with soy sauce to taste.

Serve on rice or cous-cous



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