

Quick Vegetable Stir-Fry Recipe

Total time **15 mins** 10 mins preparation time 5 mins cooking time

INGREDIENTS

6 portion(s)

2 tbsp	Kikkoman Toasted Sesame Oil
2	garlic cloves, crushed
1	chilli, finely chopped
100 g	pine nuts
1	onion, sliced
500 g	oriental mushrooms (shitake, oyster etc)
500 g	oriental greens (Chinese cabbage, pak choy or spinach)
300 g	baby corn, halved lengthways
2	red peppers, sliced
4 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 handful	fresh coriander, roughly chopped

PREPARATION

Step 1

Heat the sesame oil in a wok. Add the garlic, chilli and pine nuts and fry for 30 seconds on a high heat. Then add the onion, mushrooms, greens, corn and red peppers and stir-fry for 3-4 minutes.

Step 2

Finally, add the Kikkoman soy sauce and, when sizzling, the coriander. Stir well and serve at once.