KIKKOMAN

Simple Mushroom and Green Bean Stir Fry

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

INGREDIENTS

4 portion(s)

300 g	long-grain rice
2 tbsp	vegetable oil
300 g	fresh green beans
1	small onion, sliced
2	cloves garlic, finely chopped
1	pepper, deseeded and thinly sliced
300 g	fresh mushrooms of choice
1 tsp	finely chopped fresh ginger
3	spring onions, sliced
	Sesame seeds and chilli flakes, to garnish (optional)

Sauce:

1 tbsp	Kikkoman Naturally Brewed Soy Sauce
6 tbsp	water
3 tbsp	brown sugar
1.5 tbsp	cornflour
1 tbsp	Kikkoman Toasted Sesame Oil

PREPARATION

Step 1

Cook the rice according to the pack instructions, then drain.

Step 2

Mix all the sauce ingredients together in a bowl. Feel free to adjust the measurements according to your desired taste. Set aside.

Step 3

Heat a large non-stick frying pan or wok over a medium-high heat. Once hot, add 1 tbsp of the oil. Add the green beans. Leave untouched for 2-3 minutes, or until browned on one side. Move the beans around and repeat this step until the beans are blistered and slightly wrinkly, around 5-6 minutes in total. Remove the beans from the pan and set aside.

Step 4

Add the remaining oil to the frying pan or wok. Over a high heat, fry the onion and garlic for 1-2 minutes. Add the pepper and fry for 2 minutes. Add the mushrooms and fry for 2-3 minutes until tender. Add the ginger.

Step 5

Give the sauce a good mix to make sure none of the cornflour is stuck at the bottom of the bowl, then pour into the pan. Mix well and lower the heat as the sauce thickens.

Step 6

Add the green beans and mix well to coat in the sauce. Add more water to thin out the sauce if you like. This can also help deglaze the pan. Mix well.

Step 7

Scatter over the spring onions and serve the stir fry with the rice, garnished with sesame seeds and chilli flakes if you like.