

TASTE WITHOUT WASTE

Mushroom Sang Choy Bow

Serves 4

Ingredients

1 tbsp sesame oil plus 1 tsp extra
400g button mushrooms (or about 3 field), finely chopped
1 onion, finely chopped
2 cloves garlic, crushed
1 tsp garlic powder
225g can bamboo shoots, drained & chopped
225g can water chestnuts, drained & chopped
3 tbsp soy sauce
1 tbsp kecap manis
2 tbsp sweet chilli sauce
2 tsp cornflour
¼ cup water
200g firm, marinated tofu (I used Honey Soy), torn into small pieces
4 cos or iceberg lettuce leaves
2 spring onions, finely sliced
Handful snow peas, finely sliced
1 tbsp toasted sesame seeds
Brown rice to serve

Method

Heat the oil in a large frying pan. Add the mushroom and cook for approximately 2 minutes or until it begins to soften and collapse. Throw in the onion, garlic and garlic powder and cook until most of the mushroom liquid has evaporated, about 7 minutes. Now add the bamboo shoots, water chestnuts, soy sauce, kecap manis and sweet chilli sauce. Stir well. In a small bowl whisk together the cornflour and water until smooth. Pour into the mushroom mixture in a gradual stream, stirring constantly. Leave to simmer gently for 5 minutes.

Meanwhile, cook the tofu. Heat the remaining 1 tsp of sesame oil in a small fry pan. When shimmering, add the tofu and cook, stirring occasionally, until crispy. This should take about 5 minutes.

To serve: Place a lettuce leaf on each plate. Divide the mushroom mixture between the lettuce leaves and top with the fried tofu, spring onions, snow peas and sesame seeds. Serve alongside brown rice.

Source: Adapted from <http://www.aww.com.au/food/recipes/2012/3/mushroom-sang-choy-bowl/>

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