



Mushroom, chicken & spinach stir-fry

Serves 4

2 1/2 tbs peanut oil
600g chicken tenderloins, trimmed,
cut into thick strips
2 medium red onions, cut into thin wedges
2 garlic cloves, crushed
1 tsp sesame oil
2 cm piece fresh ginger, finely chopped
500g cup mushrooms, sliced
1/4 cup chicken stock
1/3 cup oyster sauce
1 large bunch English spinach, trimmed
Steamed jasmine rice, to serve

- 1.** Heat a wok over high heat until hot. Add 1 tbs oil and swirl to coat wok. Add half the chicken and stir-fry for 2—3 minutes until almost cooked through. Transfer to a plate. Repeat using remaining chicken and 1 tbs oil.
- 2.** Heat remaining oil in wok. Add onions, garlic and sesame oil. Stir-fry for 1 minute. Add ginger and mushrooms. Stir-fry for 2 minutes until mushrooms are golden.
- 3.** Add stock and oyster sauce. Stir-fry for 1 minute. Toss through spinach until it just wilts. Serve over steamed jasmine rice.

Australian Mushroom Growers

Locked Bag 3, Windsor NSW 2756

Tel: 02 4577 6877 Fax: 02 4577 5830 Email: info@amga.asn.au

www.oz-mushrooms.com.au