

Vietnamese Green Beans Stir Fried with Mushrooms and Garlic

Equipment:

Chopping boards
Sharp knives
Large wok
Wooden spoon
Measuring cups and spoons
Medium sized saucepan

Ingredients:

2 cups long grain rice (preferable basmati rice)
1 tablespoon vegetable oil
2 garlic cloves, thinly sliced
400 g green beans, trimmed and cut into 5cm lengths
150 g sliced mushrooms, (preferable oyster mushrooms torn in half)
2 teaspoons light soy sauce (or coconut aminos)
1 tablespoon gluten free oyster sauce
2 teaspoons sugar
1 teaspoon sesame oil (only use this at home)
1/2 teaspoon freshly ground white pepper
coriander sprigs, to garnish

What to do:

1. Prepare all ingredients as outlined in the ingredients list.
2. At this stage cook the rice. Add the 2 cups of rice to 3 and ½ cups of water in a saucepan - lid on. Bring to a boil, then reduce the temperature to a simmer. Allow the water to be completely absorbed – take care to not burn the rice. Turn the heat off when all the water has disappeared from view. Let the rice sit with the lid on for at least another 15 minutes. The remaining water will be absorbed.
3. Now it would be a good idea to clean up. The actual cooking of this stir fry is very quick, so you may like to cook it just prior to serving.
4. Heat a large frying pan or wok over high heat. Add the vegetable oil and fry the garlic for 5–10 seconds, or until fragrant.
5. Add the beans and mushrooms then stir-fry for 4 minutes, then add the soy sauce (or coconut aminos), oyster sauce, sugar, sesame oil (home only) and pepper. Toss for a further minute. Transfer to a plate, garnish with coriander and serve with the rice.