

# Broccoli and mushroom stir fry



## Ingredients (makes 2):

- 250g mushrooms
- 4 tablespoons dark soy sauce
- 3 tablespoons olive oil
- 1 tablespoon cornflour
- 1 tablespoon sherry
- 1 teaspoon sugar
- 200g broccoli
- 1-inch piece of fresh ginger
- Salt

## Make:

1. Combine the mushrooms with soy sauce, cornflour, sherry and sugar. Stir well and leave for a couple of hours
2. Slice the ginger into shreds
3. Trim the broccoli florets from the stalks and cut into even pieces
4. Heat 1 tablespoon of oil in a wok, add the broccoli and sprinkle with salt. Stir-fry, turning constantly for a few minutes.
5. Remove from the wok and set aside
6. Put the remaining oil in the wok, add the mushroom and marinade along with the ginger and stir fry for 5 mins until the mushrooms are cooked through
7. Return the broccoli to the wok and mix well
8. In parallel, from step 4 onwards, cook some rice to serve with the broccoli and mushroom
9. Note – mushrooms can be substituted with any vegan protein of your choice, such as seitan, tofu, legumes or other.

