

Brussels Sprouts with Ginger & Mushroom

A quick and easy recipe featuring delicious tasting Brussels Sprouts.

Ingredients

- 4 Brussels sprouts, quartered
- 1 big handful of snow peas, string removed
- 1 chilli, chopped (optional)
- 1 large brown mushroom, thinly sliced
- 1 tablespoon of chia seeds to sprinkle
- 1 tablespoon minced ginger
- Half a red capsicum, chopped
- 2 tablespoons soy mushroom sauce
- Half cup water
- 4 teaspoons minced garlic

Method

1. Heat water in wok on high heat
2. Fry garlic and ginger in water for 5 minutes
3. Stir in all chopped veggies except mushroom
4. Add mushroom sauce
5. Stir fry until all the veggies are nice and soft, about 10 minutes
6. Add sliced mushroom and mix through (the residual heat will cook the mushroom)
7. Serve immediately with some brown or white rice.

