

Chilli Asian greens, shiitake mushrooms & cashews



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Preparation: about 15 mins **Cooking:** about 8 mins **Serves:** 4

Ingredients:

- 1 1/2 tbs peanut oil
 - 1/2 cup unsalted cashews
 - 2 garlic cloves, crushed
 - 2 tsp grated ginger
 - 1 small (Bird's Eye) red chilli, deseeded and finely chopped
 - 150g Shiitake mushrooms, halved
 - 1 bunch snake beans, cut into 6 cm pieces
 - 1 bunch baby bok choy, trimmed and leaves separated
 - 1/4 cup salt-reduced soy sauce
- steamed jasmine rice, to serve

Method:

1. Heat a large wok over high heat until hot. Add 2 tsp oil and heat until hot. Add cashews and stir-fry for 1–2 minutes or until golden. Transfer to a plate and set aside.
2. Add remaining 1 tbs oil to wok and heat until hot. Add garlic, ginger, chilli and mushrooms and stir-fry for 2 minutes or until mushrooms slightly soften. Add snake beans and stir-fry for 1 minute.
3. Add bok choy and soy sauce to wok. Toss to combine, cover and cook for 30 seconds. Uncover and stir-fry for 1–2 minutes or until bok choy wilts. Toss through cashews and serve with steamed jasmine rice.



Snake beans:

- A good source of dietary fibre, which helps keep the digestive tract healthy.
- An excellent source of vitamin C. Just 100g of snake beans will provide a full day's supply of this vitamin, which helps the body defend itself against many infections.
- Provide beta carotene, which the body converts to vitamin A and uses for vision in dim light.