

Stir-Fried Soybeans with Bamboo Shoots Recipe

Ingredients: Serves 4

150g pickled mustard green
1 bamboo shoot
½ cup fresh soy bean
½ tablespoon chopped scallion
½ red chili

Seasonings:

salt and sugar to taste
a little of sesame oil

Method:

Separate pickled mustard green stems one by one, rinse well and then squeeze dry. Chop the stems to small cubes, discard the hard leaves. Boil bamboo shoot for 30-40 minutes until done. Trim off the husk when it cools. Dice it. Rinse fresh soy beans, boil for 1 minute. Remove and then rinse to cold. Discard the skin while rinsing it. Drain. Heat 2 tablespoons of oil to stir-fry scallion and bamboo shoots, season with salt and sugar, add ½ cup of water in, cook for 2-3 minutes until fresh soybeans are tender. Add pickled mustard green in, stir-fry over high heat until evenly mixed. Add red chili for coloring and then drizzle sesame oil.

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