



Vegetable Stir Fry with King Oyster Mushroom

INGREDIENTS

- 200g King oyster mushroom
- 1/4 green and yellow and red capsicum
- 1 medium onion
- 3 cloves garlic
- 100g smoked ham
- 1/2 tbsp oyster sauce
- 2 tbsp olive oil

METHOD

1. Cut the king oyster mushrooms, smoked ham, onion, and all the capsicum in to similar sizes.
2. Thinly slice the garlic cloves
3. Stir fry the sliced garlic and onion in a pre-heated pan with olive oil
4. Stir fry all the ingredients until they are fully cooked and add 1/2 spoon of oyster sauce and pepper with a touch of sesame oil.
5. Serve.

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Korean King Oyster Joen

INGREDIENTS

- 200g King oyster mushroom
- 1/3 cup chives
- 20g carrot or 1/3 medium size carrot
- 2 eggs
- 1/2 cup flour
- 2 tbsp olive oil
- 1 tbsp soy sauce
- 2 tbsp vinegar
- 1/2 tbsp sugar

METHOD

1. Slice the oyster mushrooms lengthways and chop the chives and carrots into smaller pieces
2. Mix the 2 eggs with the chopped chives and carrot.
3. Add salt and pepper.
4. Coat the mushroom with flour and dip it into eggs
5. Cook slices one-by-one on a low preheated pan with olive oil until coloured.
6. Make the dipping sauce with the soy sauce, vinegar and sugar.
7. Serve.

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