

STIR-FRIED VEGETABLES

Ingredients

- 1 Tbsp Sesame Oil
- 1/4lb Chinese snow peas, cut into 1in chunks
- 1 cup Shitake Mushrooms, Whole or Cut in Half
- 1 cup each red & yellow bell pepper strips
- Cut into 1in chunks.
- 1/2 large Japanese eggplant, cut into 6 or 7 slices
- 1/4 medium bok choy, cut into 1in chunks
- 6 broccoli florets
- 5 young asparagus spears, cut into 1 1/2in lengths
- 1/3 cup Chicken Stock
- 1 Tbsp Soy Sauce
- Freshly ground black pepper

Directions

Serves 2

In a wok or large skillet over high heat, heat the oil. Add vegetables and stir fry, coating them with the oil. Pour in the stock and the soy sauce and stir until al dente, about 2 minutes longer. Season with salt and pepper to taste, keeping in mind that the soy sauce is salty. Serve immediately.