



Mushroom stir fry (OP I)

Serving: 1

Veg

Ingredients

- 100 grams mushrooms (khumbh)
- 1 cup sliced capsicum (red , green and yellow)
- 1 tsp olive oil
- 1/4 cup chopped spring onions whites
- 1 1/2 tsp finely chopped garlic (lehsun)
- salt to taste
- 1/2 tsp soy sauce
- freshly ground black pepper (kalimirch) to taste
- For The Garnish
- 2 tbsp finely chopped spring onion greens

Preparation Method

- -Heat the olive oil in a broad non-stick pan, add the spring onion whites and garlic and sauté on a high flame for 1 minute.
- -Add the capsicum, salt, mix well and cook on a high flame for 2 to 3 minutes, while stirring continuously.
- -Add the mushroom, soya sauce and black pepper powder, mix well and cook on a medium flame for another 2 minutes, while stirring continuously.
- -Serve immediately garnished with spring onion greens.