

# Spicy Bamboo Shoot Salad

This easy spicy bamboo shoot salad can be served as an appetizer (either cold or at room temperature). You can also serve it as a side dish with other stir-fries, braises, etc.



Prep Time	Cook Time	Total Time
10 mins	5 mins	15 mins

Course: Appetizer   Cuisine: Chinese   Servings: 4   Calories: 19kcal   Author: Sarah

## Ingredients

- 7 ounces thin poached spring bamboo shoots
- 1-2 cloves garlic (minced)
- 2 teaspoons Sichuan chili flakes
- 2 tablespoons vegetable oil
- 1/2 teaspoon sugar
- 1/2 teaspoon oyster sauce
- 1 teaspoon rice vinegar
- 1 teaspoon light soy sauce
- 1/4 teaspoon Sichuan peppercorn oil (or to taste, optional)
- salt (to taste)
- 1/4 cup cilantro (leaves and stems, roughly chopped)

## Instructions

1. Tear the bamboo shoots into small strips with your hands.
2. Add the garlic and Sichuan chili flakes to a small bowl. Heat the oil and pour over the garlic and flakes—they should sizzle and immediately smell fragrant.
3. Stir in the sugar, oyster sauce, rice vinegar, light soy sauce, and Sichuan peppercorn oil if using. Toss with the shredded bamboo. Season with salt to taste, and garnish with cilantro.

## Nutrition

Calories: 19kcal | Carbohydrates: 3g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 125mg | Potassium: 71mg | Fiber: 1g | Sugar: 2g | Vitamin A: 370IU | Vitamin C: 1mg | Calcium: 10mg | Iron: 1mg

*Spicy Bamboo Shoot Salad* by The Woks of Life. Recipe URL: <https://thewoksoflife.com/spicy-bamboo-shoot-salad/>