

Stir-fried Asparagus with Cashew & Mushroom

Thank you to Waitrose for this delicious adaptation of their recipe



Ingredients:

- 50g cashews
- 1 tbsp hoisin sauce
- 2 tsp reduced soy sauce
- Juice of half a lime
- 1 tbsp olive oil
- 2 cloves garlic, crushed
- 10g fresh root ginger, cut into matchsticks
- 150g mushrooms, sliced (my favourite is shitake)
- 4 spring onions, cut into 3cm pieces
- 230g asparagus spears halved widthways
- 80g trimmed sugar snap peas
- Half of 1 red pepper, sliced

Make:

1. Preheat the oven to 180°C, gas mark 4. Meanwhile, mix the hoisin and soy in a bowl with the lime juice and 1 tbsp water.
2. Heat the oil in a wok or large frying pan over a high heat. When it is hot, add the garlic and ginger and fry for 30 seconds, then add the mushrooms and fry for 2 minutes. Stir in the spring onions and asparagus and fry for 1 minute, then add the sugar snap peas and red pepper and fry for 2 more minutes.
3. Tip the sauce into the pan and stir to coat all the vegetables and cook for a further minute, then remove from the heat. Scatter the cashews over the stir fry. Serve with the cooked rice (I use wild rice and basmati mix).

