

CHINESE FIVE SPICE MUSHROOM

NORTH ASIA
/ CHINA

ORIGINS

The traditional dish was created during the Three Kingdoms Period from 200-280 AD as a warming meal cooked in a spiced stock over hot coals for the cold winter months. Loved for many generations to follow, including the Emperors of the Qing Dynasty, this special Chinese dish is still a staple worldwide today.



4



10 min



15 min



WHAT YOU NEED

- 1/2 pkt (11 g) Chinese spice
- 1/2 tbsp soy sauce
- 400 g mushrooms, sliced
- 1/2 tbsp hoisin sauce
- 1 onion, chopped
- 1 lime quartered

HOW TO MAKE

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Sauté onion, 5 min. Add spice, sauté 1 min.

②

Add mushrooms with soy and hoisin sauce, stir fry 10 min.

HOW TO SERVE

Serve with rice, stir fry asian greens* topped with slices of fresh ginger, spring onions and a drizzle of lime juice.

HINTS & TIPS

SIDES & CONDIMENTS

Asian stir fry greens*:

100 g broccolini,

2 bok choy,

1 fresh chilli,

1 tbsp sesame seeds,

1 tbsp sesame oil,

2 tbsp soy sauce,

2 tbsp maple syrup

Saute greens with chilli, sesame oil, soy sauce and maple syrup and sprinkle with sesame seeds.

SWAPS & ALTERNATIVES

veggie combos: any combination of asian vegetables can be used

alternative: replace mushrooms with cauliflower florets or eggplant

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