

Shiitake Shakedown Stir-Fry

Takes 20 mins | Serves 3-4

GF NF SF* OF*

A deliciously simple version of Thailand's most popular home-cooked dish - Pad Kra Pao or Basil Stir-Fry. Meaty mushrooms, fragrant basil, and a moreish sweet and salty sauce - it's a quintessential example of why Thai food is one of my top healthy go-to's.



Shiitake Stir-Fry

- 2 tbsp rice bran oil
- 6 cloves garlic, minced
- 2 birds eye (or red) chillies
- 1 red onion, sliced
- 1 capsicum, sliced
- 2 c green beans, in 5 cm pieces
- 2 c shiitake mushrooms, sliced
- ½ c vegetable stock

Shakedown Sauce

- ½ c soy sauce
- ½ c mushroom sauce
- ¼ c coconut sugar
- 2 tbsp cornflour

To Serve

- 1 c jasmine rice (white or brown)
- handful of fresh basil leaves

- 01 Rinse the jasmine rice, then cook for 20 minutes until tender.
- 02 Heat the rice bran oil in a pan over medium heat. Add the garlic and chillies and sauté until fragrant. Add the red onion, capsicum, and green beans to the pan and stir fry for 2-3 minutes until tender. Finally add the shiitake mushrooms and stir fry for another minute until they're cooked through.
- 03 In a small bowl, mix the soy sauce, mushroom sauce, coconut sugar, and cornflour until completely dissolved, then pour over the stir-fried vegetables. Add the vegetable stock and stir well to coat all the ingredients in the sauce, then simmer for a couple of minutes until the sauce has thickened slightly.
- 04 Turn off the heat, stir in the basil leaves until wilted, then serve with a side of steamed rice.

* See the Notes section inside Cooking School for dietary substitutions, tips, and more.