

Sichuan Mixed Vegetables



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Serves 4

2 tbsp chilli oil
4 garlic cloves, crushed
5cm/2-inch piece fresh ginger,
peeled and grated
250g/9 oz carrots, cut into thin strips
1 red pepper, deseeded and cut into
thin strips
150g/5½ oz shiitake mushrooms, sliced
150g/5½ oz mange tout
3 tbsp soy sauce
3 tbsp crunchy peanut butter
350g/12 oz beansprouts
Cooked rice, to serve



Recipe from
'100 Everyday
Recipes: Vegan' part of
Parragon Books' range
of Love Food cookbooks:
[www.parragon.com/
lovefood](http://www.parragon.com/lovefood)

1 Heat the chilli oil in a preheated wok and fry the garlic, ginger and carrots for 3 minutes. Add the red pepper and stir-fry for another 2 minutes. Then add the mushrooms and mange tout and stir-fry for 1 minute.

2 In a small bowl, mix together the soy sauce and peanut butter until combined.

3 Using a wooden spoon, make a space in the centre of the stir-fried vegetables so that the base of the wok is visible. Pour in the sauce and bring to the boil, stirring all the time until it starts to thicken. Add the beansprouts and toss the vegetables to coat thoroughly with the sauce.

4 Transfer to a serving dish and serve immediately with freshly cooked rice.

Buy the book! *100 Everyday Recipes: Vegan* is available to buy from shop.vegansociety.com. Our website also provides all of the resources you need to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!

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The Vegan Society

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