

Watercress Mushroom & Cashew Stir Fry



*Love the taste
Love your body™*

Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients:

- 1 tbsp vegetable oil
- 350g mushrooms, quartered
- 3cm piece fresh root ginger, peeled and grated
- 2 cloves garlic, finely chopped
- 3 spring onions, sliced
- ½ tsp dried chilli flakes
- 1 tbsp honey
- 2 tbsp soy sauce
- 2 tbsp cashew nuts
- 100g watercress, roughly chopped



Method:

Heat the vegetable oil in a wok or frying pan until almost smoking, add the mushrooms and cook over a high heat for 3-4 minutes.

Add the ginger, garlic, spring onions and chilli and stir fry for a further 2 minutes before adding the honey, soy, cashews and watercress. Toss to combine and stir fry for a final 30 seconds to lightly wilt the watercress. Serve immediately.

Nutrition:

Portions	4
Calories	105
Fat	7.2g
Saturated Fat	0.8g
Carbohydrate	6.2g
Protein	4.3g
Fibre	1.8g
Salt	1.4g