

Stir-Fried King Oyster Mushrooms with Vegetables (Plated Version) Recipe

This elegant yet simple dish celebrates the meaty texture of **king oyster mushrooms**, pan-seared to golden perfection and paired with crisp-tender **green beans, carrots, and vegetarian shrimp** in a light, savoury sauce. The mushrooms, scored and seared for maximum flavour, form a striking border around the vibrant stir-fry center, making it as visually appealing as it is delicious. With a hint of ginger and a glossy glaze, this **vegetarian-friendly** recipe is a testament to how humble ingredients can be transformed into a restaurant-worthy meal—perfect for both weeknights and special occasions.



Sample Recipe

	Recipe serves	Prepared for
	4	4

Ingredient	Amount		Scaled amount	
King oyster mushrooms	400	g	400	g
Green beans	450	g	450	g
Carrot	130	g	130	g
Vegetarian shrimp (pcs)	10	----	10	----
Ginger	5	g	5	g
Cornstarch (1 tsp of corn flour + 3 Tbsp of water)	1	----	1	----

Shopping List

Ingredients	Have it	Quantity
King oyster mushrooms	<input type="checkbox"/>	
Green beans	<input type="checkbox"/>	
Carrot	<input type="checkbox"/>	
Vegetarian shrimp (pcs)	<input type="checkbox"/>	
Ginger	<input type="checkbox"/>	
Cornstarch (1 tsp of corn flour + 3 Tbsp of water)	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

1. **Ingredients Preparation :**

A. Sliced **King Oyster Mushrooms** into 13-15mm thick pieces, scored crosswise (not cut through).

B. Cut **Green Beans** into short sections.

C. Peeled and sliced **Carrot** into 3-4mm thick rounds.

D. Halved lengthwise of **Vegetarian Shrimps**.

E. Finely minced the **Ginger**.

F. Mix 1 tsp of corn flour and 3 Tbsp of water to form **Cornstarch**.
2. **Prepare the Mushrooms :**

A. Blanch the mushroom caps in boiling water until soft, then skewer them upside-down with toothpicks to hold their shape.

B. Heat a pan over high heat, pan-fry the mushroom slices until golden brown on both sides (sprinkle with a pinch of salt and pepper). Arrange them around the edge of a serving plate.
3. **Stir-Fry the Vegetables :**

A. Heat 2 tbsp oil in the same pan, sauté minced ginger for 30 seconds.

B. Add green beans and carrots, stir-fry for 30 seconds.

C. Add vegetarian shrimp and mushroom caps, stir-fry another 30 seconds.

D. Pour in 150ml water, cover, and simmer for 4-5 minutes until vegetables are tender.
4. **Season & Thicken the Sauce :**

A. Uncover, season with salt and vegetarian mushroom seasoning.

B. Stir in the cornstarch slurry while mixing until the sauce thickens.

C. Transfer to the center of the plate, surrounded by the pan-fried mushrooms.

All Recipes

