



Stir Fried Vegetables with Black Bean Sauce

A delicious and healthy dish you can cook in under 30minutes.

Preparation

1. Dice the gluten into bite sized chunks and place in a small bowl with the soy sauce, salt, sugar and pepper to marinate for at least 10 minutes.
2. Wash and cut up the beans, carrot, broccoli, celery and cauliflower. Set aside
3. Add the corn flour to the gluten marinate and shallow fry the gluten in a pan until golden. Set aside.
4. Lightly coat a medium wok or frying pan and cook the beans, carrot, cauliflower and broccoli until tender.
5. Then add the rest of the seasoning and water into the wok, toss for a minute or two and then plate to serve.

Ingredients

- 120g Green Beans
 - 150g Carrot
 - 150g Broccoli
 - 1 stick Celery
 - 150g Cauliflower
 - ½ tsp Ginger
 - 1 tsp Black Beans
 - 1 tbp Mushroom Sauce
 - Half cup of water
 - Oil
-
- 120g Gluten
 - 1 tbs Soy Sauce
 - 1 tsp salt
 - 1 tsp sugar
 - 1 tsp pepper
 - 2 tbp corn flour