

Recipe Name: Bamboo Shoot Stir Fry Recipe

Diet Type:

Course: Side Dish

Cuisine: Asian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Bamboo shoots - julienned	3
• 6 Button mushrooms - or cremini mushrooms	
• 4 Spring Onion (Bulb & Greens) - finely chopped	
• 1 cup Red Yellow and Green Bell Peppers (Capsicum) - julienned	
• 1 tablespoon Extra Virgin Olive Oil	
• 1-1/2 teaspoon Red Chilli flakes	
• Salt - to taste	

Preparation

- To start making Bamboo Shoot Fry, Heat up a cast iron skillet on medium heat.
- Add bamboo shoots and cook for 2 minutes.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	2	2