

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynnie Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

Vegetable Chop Suey

Fresh beansprouts are the main ingredient in a chop suey dish. You can add whatever other combination of vegetables you like, as long as you don't overcook them. A little of whatever you fancy works brilliantly when making chop suey. The crunchy texture of the different vegetables goes really well with Spare Ribs (see page 54).

INGREDIENTS *1/2 tablespoon rapeseed or olive oil • 1 teaspoon sesame oil • 1 large shallot, finely sliced • 1 garlic clove, chopped • 125 g (4 oz) fresh shiitake mushrooms, halved • 50 g (2 oz) canned water chestnuts, drained • 50 g (2 oz) canned bamboo shoots, drained • 350 g (11 1/2 oz) fresh beansprouts • 2 spring onions, cut into 1.5 cm (3/4 inch) lengths • 2 teaspoons shoyu or tamari sauce • 1/2 teaspoon freshly ground black pepper*

ONE Heat the rapeseed and sesame oils in a nonstick sauté pan over a high heat until hot. Add the shallot and garlic and sauté over a medium heat for 1 minute until fragrant.

TWO Turn up the heat to high, add the mushrooms, water chestnuts and bamboo shoots and stir-fry for 1 minute.

THREE Quickly add the beansprouts, spring onions, shoyu sauce and pepper and stir-fry for about 30 seconds. Serve immediately.

Serves 4 with 2 other main dishes.

NUTRIENT ANALYSIS PER

SERVING 242 kJ – 58 cal – 3.6 g protein – 4.9 g carbohydrate – 2.6 g sugar – 2.8 g fat – 0.4 g saturates – 1.6 g fibre – 114 mg sodium

HEALTHY TIP Shallots belong to the same family as garlic. In scientific studies, plants from the allium family have been shown to increase the levels of good cholesterol in the body. This good cholesterol helps to carry the bad cholesterol away from the arteries in our bodies and so may help reduce the risk of heart disease.

