



Stir-fried greens with oyster sauce

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



3

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 100 g vermicelli
- ☐ 1 tbsp soya sauce
- ☐ 1 tsp fish sauce
- ☐ 3 tbsp oyster sauce
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 4 spring onion chopped
- ☐ 3 garlic clove chopped
- ☐ 1 to 5 chilies red deseeded chopped

- ☐ 100 g crimini mushrooms thinly sliced
- ☐ 200 g broccoli florets
- ☐ 2 heads bok choy roughly chopped

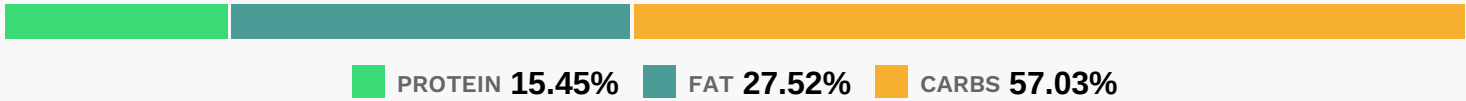
Equipment

- ☐ bowl
- ☐ wok
- ☐ chopsticks

Directions

- ☐ Soak the rice vermicelli in boiling water for 4 minutes.
- ☐ Drain, refresh under cold water, drain again and set aside.
- ☐ Mix soy, fish sauce and oyster sauce in a bowl.
- ☐ Heat the sunflower oil in a large wok, add spring onions, chopped garlic cloves and the deseeded and chopped chilli.
- ☐ Stir fry for 20 seconds before adding the thinly sliced shiitake or chestnut mushrooms and broccoli florets. Stir fry for 1 minute, then add the pak choi and the sauce mixture. Stir and cook for about 2 minutes over a high heat, adding a splash of water if the sauce becomes too thick.
- ☐ Tip in the noodles, remove from the heat and toss to mix well.
- ☐ Serve in warmed bowls and tuck in with your chopsticks.

Nutrition Facts



Properties

Glycemic Index:70.67, Glycemic Load:17.7, Inflammation Score:-10, Nutrition Score:43.742173981407%

Flavonoids

Apigenin: 1.34mg, Apigenin: 1.34mg, Apigenin: 1.34mg, Apigenin: 1.34mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 29.7mg, Kaempferol: 29.7mg, Kaempferol: 29.7mg, Kaempferol: 29.7mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 15.47mg, Quercetin:

15.47mg, Quercetin: 15.47mg, Quercetin: 15.47mg

Nutrients (% of daily need)

Calories: 335.71kcal (16.79%), Fat: 11.08g (17.05%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 51.67g (17.22%), Net Carbohydrates: 42.8g (15.56%), Sugar: 9.69g (10.76%), Cholesterol: 0mg (0%), Sodium: 1436.65mg (62.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (28%), Vitamin A: 25738.96IU (514.78%), Vitamin C: 336.99mg (408.48%), Vitamin K: 358.58µg (341.5%), Folate: 439.51µg (109.88%), Manganese: 1.39mg (69.58%), Vitamin B6: 1.39mg (69.52%), Calcium: 658.2mg (65.82%), Potassium: 1913.89mg (54.68%), Vitamin B2: 0.7mg (41.21%), Phosphorus: 371.06mg (37.11%), Fiber: 8.87g (35.49%), Magnesium: 141.42mg (35.35%), Vitamin E: 5.06mg (33.7%), Iron: 5.97mg (33.15%), Selenium: 19.79µg (28.27%), Vitamin B3: 5.41mg (27.03%), Vitamin B1: 0.34mg (22.97%), Copper: 0.42mg (21%), Vitamin B5: 1.48mg (14.8%), Zinc: 2.13mg (14.22%), Vitamin B12: 0.12µg (1.95%)