



General Tao Mushroom and Green Bean Stir-Fry



PREP TIME : 10 MIN

COOK TIME : 15 MIN

SERVES : 2

Ingredients :

- *1 tbsp (15 mL) vegetable oil*
- *1 lb (500 g) mixed mushrooms, sliced*
- *1 pouch (160 mL) VH® General Tao Stir-Fry Sauce*
- *6 oz (175 g) green beans, trimmed*
- *1 pouch (250 g) microwavable instant brown rice*
- *1 tsp (5 mL) toasted sesame seeds*

Directions :

- 1. Heat oil in deep skillet or wok set over medium-high heat; sauté mushrooms for 8 to 10 minutes or until browned and moisture has evaporated.*
- 2. Stir in VH® General Tao Stir-Fry Sauce and green beans; cook, stirring, for about 5 minutes or until beans are tender.*
- 3. Meanwhile, cook rice according to package directions. Spoon stir-fry over cooked rice. Garnish with sesame seeds.*

Recipe Tips:

Use a combination of cremini, shiitake and oyster mushrooms.