

Mushroom Stir Fry (serves 4)

4 cups of roughly chopped assorted mushrooms: field, enoki, shitake, Swiss browns etc
1 medium onion, chopped roughly
2 cloves of garlic, crushed
Couple of bunches of English spinach or 6-7 leaves of silver beet, chopped roughly
Freshly ground pepper

Method:

Spray lightly a wok with vegetable oil
Fry off onions until soft then add garlic
Add mushrooms, pepper to taste and cook until mushrooms have softened & cooked
Stir through the spinach and cook until it has wilted retaining its colour

Serve on a bed of steamed brown rice