

# Lemongrass Oyster Mushrooms

Earthy oyster mushrooms, fragrant lemongrass, and crisp vegetables come together in this quick, flavor-packed stir-fry. Rich in fiber, antioxidants, and plant compounds that support overall health, it's a simple way to bring vibrant color, texture, and nourishment to the table.

## INGREDIENTS

3 tablespoons lemongrass, trimmed, finely chopped  
2 tablespoons sesame or peanut oil  
1/2 small yellow onion, thinly sliced  
3 cloves garlic, thinly sliced  
1/2 jalapeno, thinly sliced  
4 cups mini oyster mushrooms, halve or slice the larger ones  
1 cup snap peas, halved lengthwise  
6 scallions, cut into 1" pieces  
2 tablespoons Chinese cooking wine  
1 tablespoon soy sauce

## SERVES

8

## TIME

20 MIN

## SPECIAL EQUIPMENT

N/A

## STORAGE

Store in airtight container in fridge for 2-3 days

## STEP 1

Prepare the lemongrass by trimming off the root end and the tough upper green portion, leaving only the tender lower 4-6 inches of the stalk. Remove any dry outer layers, then finely mince the remaining pale yellow portion until you have about 3 tablespoons.

## STEP 2

Prepare the onion, garlic and jalapeño.

## STEP 3

Heat the sesame or peanut oil in a large sauté pan or wok over medium-high heat. Add the onion and cook for 2-3 minutes, stirring occasionally, until softened. Then add the garlic, jalapeño, and minced lemongrass. Sauté for about 1 minute, until fragrant.

## STEP 4

Add the oyster mushrooms and cook for 3-4 minutes, stirring occasionally, until they begin to soften and release their moisture.

## STEP 5

Stir in the snap peas and scallions. Cook for another 2-3 minutes, allowing the vegetables to become crisp-tender.

## STEP 6

Add the Chinese cooking wine and soy sauce, tossing to coat the vegetables evenly. Continue cooking for 1-2 minutes, until the liquid is mostly absorbed and the flavors have melded.