

# Oyster Mushroom Stir Fry

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/oyster-mushrooms-chinese-recipe>

## Ingredients:

- 7/8 pound oyster mushroom end removed and spilt into small pieces
- 1/2 tablespoon oyster sauce
- 1 teaspoon dark soy sauce
- 1 ginger thumb, shredded
- 6 green onions white and green part separated, cut into 1 inch sections
- 2 tablespoons cooking oil
- 1/4 teaspoon Szechuan peppercorn ground, or black pepper
- coriander stems for decoration, optional
- 7/8 pound oyster mushroom end removed and spilt into small pieces
- 1 1/2 tablespoons oyster sauce
- 1 teaspoon dark soy sauce
- 1 ginger thumb, shredded
- 6 green onions white and green part separated, cut into 1 inch sections
- 2 tablespoons cooking oil
- 1/4 teaspoon Szechuan peppercorn ground
- coriander stems for decoration, optional

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 25 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 450 milligrams
8. Sugar: 4 grams

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