Main dishes / China

chickpeas and mushrooms stew · China

A substantial China-inspired stew built around cultivated mushrooms and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- [ ] 150 g onion
- [ ] 30 ml neutral cooking oil
- [ ] 600 g drained cooked chickpeas
- [ ] 600 g cultivated mushrooms
- [ ] 400 ml low-salt vegetable stock
- [ ] 25 ml soy sauce
- [ ] 10 g finely grated fresh ginger
- [ ] 15 ml rice vinegar
- [ ] salt and pepper to taste

Let's make it.

01 Clean the cultivated mushrooms and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the cultivated mushrooms and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the soy sauce, finely grated fresh ginger, rice vinegar and taste before serving.

AI-developed, not kitchen-tested.

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