

Vegetarian "Minced Pork" and Beans

Okay, I admit that vegetarian minced pork sounds a lot like an oxymoron or fib. But believe me when I say IT IS GOOD with no fake or soy meats in sight. Made with the currently in-season saffron milkcaps (red pines), it's a meaty mushroom rendition of one of my favourite Chinese dishes.



★★★★★
5 from 2 votes

Prep Time
5 mins

Cook Time
10 mins

Total Time
15 mins

Servings: 4

Ingredients

For the Vegetarian "Minced Pork":

- 2 tablespoons olive oil
- 1 small brown onion peeled and diced finely
- 100 g medium saffron milkcap (red pine) mushrooms, diced
- 3 tablespoons tamari
- 1/4 cup water
- 1 tablespoon shiro miso paste
- 1 tablespoon tapioca flour
- pinch goodchilli powder
- pinch goodChinese five spice powder
- 2 tablespoons sesame oil

For the Beans:

- 2 tablespoons sesame oil
- 10 dried Sichuan chillies
- 450 g bunches snake beans stalk ends trimmed, cut into 1pieces
- 1/2 bunch Chinese broccoli chopped roughly, Gai Lan

To serve:

- 1 tablespoon sesame seeds
- steamed rice if you like

Instructions

1. Heat oil in a large pan over medium high heat and add onion and mushrooms. Cook, stirring, for 3-4 minutes or until the mushrooms are soft and onion translucent. Drizzle with tamari, reduce heat to low and cook for a further minute.
2. Meanwhile, mix together the water, miso paste, tapioca, spices and sesame oil. Pour the mixture into the mushrooms and stir for the sauce to thicken. Remove from the pan and set aside.
3. Wipe the pan clean and heat sesame oil over high heat. Add chillies and cook for a minute before adding the beans. Stir-fry the beans for 3 minutes or until lightly cooked and wilted. Add chopped Chinese broccoli and stir to heat through.

4. Transfer beans to a serving plate and top with the vegetarian "pork" mushroom mixture.
5. Leftovers can be stored in the fridge for 2-3 days and reheated in a pan as needed.

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