

Vegetables

Portions: 120

Ingredients: carrots, shitake mushrooms, spinach, bean sprouts, edamame

Amount	Item
9 lbs	Carrot
18 lbs	Bean Sprouts
24 lbs	Spinach
24 lbs	Edamame
7lbs	Shitake mushrooms

Method:

1. Rinse all veggies first except for edamame
2. Carrots: Peel and julienne the carrots, sauté for 30 seconds with sesame oil
3. Bean sprouts: sauté for 30 seconds with sesame oil
4. Mushrooms: thinly slice and saute in sesame oil and season with a pinch of salt
5. Spinach: trim spinach roots, saute in a little sesame oil and season with soy sauce to taste, squeeze out excess moisture
6. Edamame: Bring a large pot of water to a boil and salt it generously. Add the edamame, return to a boil and cook until bright green, 3 to 5 minutes. Drain