

# Stir Fried Asparagus

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*This quick stir-fry delivers a saucy Asian recipe your family will love. Add meat or tofu for a delicious dinner.*

## Ingredients:

1 tablespoon vegetable oil  
1 pound asparagus, cut into 1-inch pieces  
1 ½ cups sliced mushrooms  
¼ teaspoon salt  
¼ teaspoon red pepper flakes  
½ cup chicken stock  
1 teaspoon cornstarch

## Directions:

1. Heat oil in a wok or skillet over medium. Add asparagus, mushrooms, salt, and pepper flakes; cook 2 minutes, stirring.
2. Meanwhile, whisk stock and cornstarch together in a small bowl. Add to skillet and bring to a boil over high heat. Cook, stirring, until mixture thickens, 30 seconds. Serve immediately.