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Championing  
the Asian  
food heritage

**Do you need:**

1. Consistent quality dishes?
2. Easy kitchen operations?
3. Optimum freshness of food served?
4. Optimum productivity of manpower?
5. Better cost control?
6. A more motivated kitchen staff?
7. Minimum inventory control?

If your answer is "YES" to any of the above, call us immediately for the right menu solutions!



## Chinese Stir-fry Vegetables With Prawns

3-4 servings

- Ingredients:**
- 1 packet (100g) AsianMeals® Oriental Stir fry Sauce
  - 50g medium prawns, shelled with tail on
  - 1 cup broccoli florets
  - 1/2 small carrot, sliced
  - 1 small red capsicum, sliced
  - 1 small knob ginger, thinly sliced

**Method:**

1. Heat AsianMeals® Oriental Stir fry Sauce in a frying pan on medium heat for 2 minutes.
2. Add the prawns and fry briskly on high heat for 3 minutes until the prawns turn pink.
3. Add all the vegetables and continue frying briskly on high heat for 3 minutes.
4. Serve hot with rice or noodles.

**Chef's Tips:**

Stir fry your choice of any variety or combination of fresh vegetables with AsianMeals® Oriental Stir fry Sauce.



## Prawn Sambal

3-4 servings

**Ingredients:**

- 1 packet (100g) AsianMeals® Sambal Tumis Sauce.
- 300g medium prawns, shelled and deveined.
- 1 medium onion, sliced.

**Method:**

1. Heat AsianMeals® Sambal Tumis in a frying pan on medium heat for 2 minutes.
2. Add the prawns and fry briskly on high heat for 3 minutes until the prawns turn pink.
3. Add the onions and continue frying briskly on high heat for 2 minutes.
4. Serve hot with rice or noodles.

**Chef's Tips:**

You may replace the prawns and cook with squids, clams, mussels or crabs.



## Pineapple Chicken Salad

3-4 servings

**Ingredients:**

- 1 packet (100g) AsianMeals® Pineapple Sauce
- 1 slice fresh pineapple, cubed
- 1 sprig fresh mint leaves
- 1/2 small carrot, cut into 1 inch sticks
- 1/2 small cucumber, de-seeded and cut into 1 inch sticks
- 1 small onion, sliced
- 5 cherry tomatoes, wedged
- 50g cooked chicken breast, shredded

**Method:**

1. Combine all ingredients in a large bowl and drizzle AsianMeals® Pineapple Sauce over mixture.
2. Toss lightly to coat evenly.
3. Cover and refrigerate for at least one hour. Best served chilled.

**Chef's Tips:**

AsianMeals® Pineapple Sauce is also great as a pour-over sauce on fried food or as a dip.

