



Chinese Stir Fried Vegetables

3-4 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fry Sauce**
- 50g pea pods, cut off the tips on end of the pods
- 50g broccoli, cut into florets
- 20g ginger, cut into thin slices
- 50g carrot, cut into slices
- 50g red capsicum cut into slices

Method:

- 1) Preheat pan and add in **AsianMeals® Oriental Stir Fry Sauce**
- 2) At high heat add vegetables and stir fry for 2 minutes. Cover for a further 2 minutes or until the vegetables are cooked
- 3) Serve hot with rice

Chef's Tips:

You can stir fry any variety of vegetable of your choice with **AsianMeals® Oriental Stir Fry Sauce**

