



# Sambal Stir Fried Long Beans

3-4 servings

## Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Sambal Tumis Sauce**
- 250g long bean, cut into 2-inch lengths
- 1 medium onion, cut into slices
- 1/2 small carrot, cut into thin strips

## Method:

- 1) Preheat wok then add in **AsianMeals® Sambal Tumis Sauce**
- 2) At high heat add in long beans and other vegetables, stir fry for 2 minutes
- 3) Cover for a further 2 minutes until vegetables are cooked, serve hot

## Chef's Tips:

You can stir fry any vegetable, noodle or seafood of your choice with **AsianMeals® Sambal Tumis Sauce**

