

# Delicious Vegetables Meals with AsianMeals®

## Oriental Stir-fry Sauce

With the food trends moving towards eating healthy, we see a rise in eating vegetables.

Salads, unless using a clear dressing, can be non-effective as some dressings like the Thousand Island, the Ranch or just a plain mayonnaise may defeat your idea of wanting to lose weight! On the other hand, taking a clear salad dress with olive oil with some salt and pepper or using a vinaigrette may be boring after some time.

Why not do a stir fry which is more delicious, steaming hot, wholesome and healthy too! Try our AsianMeals® Oriental stir fry sauce where you can just add the sauce to stir fry an endless range of vegetable possibilities or even mix this with tofu, meat or seafood to further widen your range! Really, the possibilities are endless! You can also use this stir fry sauce to stir fry rice, noodles and even have a chicken stew!

Yet no oil, garlic, onions or any other ingredient is required to be added! Just add one-part sauce to three parts of veggies and you have a sumptuous meal! Enjoy!



**Oriental Stir-fried Vegetables**

MQ, 11<sup>th</sup> of November 2019