



Chinese Stir Fried Vegetables (serves 3~4 pax)

Ingredients:

- 120gm (4.2oz) of Asian Meals Oriental Stir Fry sauce
- 100gm pea pods, cut off the tips on end of the pods
- 100gm broccoli, cut into florets
- 20gm ginger, cut into thin slices
- 50gm carrot, cut into slices
- 50gm red capsicum, cut into slices

Cooking Method:

1. Preheat pan and add in Asian Meals 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 tips:

You can stir fry any variety of vegetables of your choice with Asian Meals Oriental Stir Fry sauce.

