



Sambal Stir Fried Long Beans (serves 3~4 pax)

Ingredients:

- 120gm (4.2oz) of Asian Meals Sambal Tumis sauce
- 300gm long bean, cut into 2-inches length
- 50gm onions, sliced
- 30gm small carrot, cut into thin strips

Cooking Method:

1. Preheat wok and add Asian Meals Sambal Tumis sauce.
2. At high heat, add in long beans, carrots, and onions, stir fry for 2 minutes.
3. Cover the wok for a further 2 minutes until all vegetables are cooked and serve hot with rice.

Chef tips:

You can stir fry any vegetable, noodle, or seafood of your choice with Asian Meals Sambal Tumis sauce.

