

Ingredients:

120gm (4.2oz) of Asian Meals Sambal Tumis sauce

360gm squid, cleaned and cut into rings

1 medium onion, sliced

Cooking Method:

- 1. Preheat wok and add in Asian Meals Sambal Tumis sauce.
- 2. At high heat, add squid, stir fry for 2 minutes.
- 3. Add in onions, cook for a further 2 minutes and serve.

Chef tips:

Squid can be replaced with prawns, clams, mussels or crabs.

You may prefer to blanch the squids in boiling water to prevent "bleeding".

