



Stir-fried wok vegetables with shrimps

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	10 Mins
מנות	4

Preparation

- 12 shrimps
- 1 clove of garlic
- 1 chilli pepper, red
- 3 spring onions
- 1 onion, red
- 100 g peas, frozen
- 50 g shiitake mushrooms
- 100 g white cabbage
- 30 g water chestnuts
- Peanut oil, for searing
- 20 g sesame oil
- 30 g soy sauce
- Salt
- Pepper
- 10 g Sesame seeds

Peel the garlic and onion, then cut into strips. Halve and deseed the chilli pepper. Cut the spring onions into 3 cm long pieces. Slice the shiitake mushrooms, cut the white cabbage into strips, halve the water chestnuts and mix together with the peas.

Heat up the wok, add the peanut oil to the hot wok and briefly sear the shrimps. Remove the shrimps from the wok and put to one side.

Put the garlic, spring onion and red onion in the wok and sear for 5 minutes, then add the vegetables and sear on all sides. The vegetables should be soft after about 2 minutes.

Add the shrimps and season with salt and pepper. Pour in the soy sauce and sesame oil and sear for another 30 seconds. Remove the wok from the heat, scatter over the sesame seeds.





אביזרים

Wok

מידע נוסף

הופק ביום

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