Stir-fried wok vegetables with shrimps

食谱作者 V-ZUG 瑞族



制备过程	30 分钟
烘烤的时间：烘烤时间取决于机器	10 分钟
份	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.

配件

Wok

附加信息

创建时间	11.12.2019