



Serves: 4

# Versatile Stir-fried Frozen Vegetables

## Ingredients

- 1 packet frozen broccoli (thawed)
- 1 taukwa, cut into cubes
- ½ tsp. salt
- ½ tsp. sugar
- ½ tsp. cornstarch
- 2 tbsp. water
- 5 cloves garlic
- 5g ginger
- 5ml sunflower seed oil\*

\*Choose products with the Healthier Choice Symbol.

## Method

1. Mix the salt, sugar, cornstarch and water.
2. Finely mince the garlic and ginger together.
3. Heat oil in wok on medium heat then add the garlic and ginger paste.
4. Stir fry the garlic and ginger until fragrant, then toss in the frozen broccoli and taukwa.
5. Allow the ingredients to heat up in the wok. Once hot, lower the heat and add in the cornstarch slowly.
6. Keep tossing the ingredients for 1 minute and remove from heat and serve.



4人份

## 速炒冻时蔬

### 材料

- 1 包 冰冻西兰花 (解冻)
- 1 豆干, 切小块
- ½ 茶匙 盐
- ½ 茶匙 白糖
- ½ 茶匙 薯粉
- 2 汤匙 水
- 5 瓣 蒜头
- 5 克 生姜
- 5 毫升 葵花籽油\*

\*选购贴上“较健康选择”标签的食材。

### 做法

1. 将盐、糖、薯粉和清水搅匀。
2. 把蒜头和生姜一起剁碎。
3. 把油倒入镬中, 以中火加热, 然后放入剁碎的蒜头和生姜。
4. 爆香蒜头和生姜, 然后放入西兰花和豆干翻炒。
5. 材料在镬里加热后便可调低炉火, 然后慢慢加入薯粉。
6. 继续翻炒 1 分钟便可盛起食用。