

Chop Suey

- Serves 4 people -

INGREDIENTS:

200g Green beans	1 Bell pepper
1 Carrot	1 tsp Cornstarch
1/4 Cabbage	Cooking oil
1/4 Broccoli	Salt
1/4 Cauliflower	Pepper
200g Mushrooms	
1 Red onion	
3-4 Cloves garlic	

SAUCE:

2 tbsp Soy sauce
1 tbsp Sesame oil
2 tbsp Oyster sauce
Ground pepper
Pinch ground cumin

METHOD:

STEP 1 Chop the garlic and onion and put aside.

STEP 2 Heat the frying pan, add the cooking oil, add garlic and onion and stir until golden brown.

STEP 3 Add carrots, green beans, broccoli and stir until half cooked then add cabbage, bell pepper and mushrooms.

STEP 4 Add all seasoning and a bit of salt to taste.

STEP 5 Mix cornstarch and water well. Put into the middle of the frying pan and stir nicely and serve.

SAUCE:

Mix all ingredients for the sauce together and stir well.

