

## Bean Sprouts with Bean Curd Recipe

**Ingredients:** Serves 4

250g bean sprouts  
100g prawns, shelled and de-veined  
60g lean shoulder of pork or chicken meat  
2 small hard soy bean curd or taukwa  
2 cloves garlic  
1 red chili, optional  
½ cup lard or vegetable oil  
½ teaspoon salt  
1 teaspoon fish sauce  
1 teaspoon light soy sauce  
pinch of sugar  
a few dashes of pepper

**Method:**

Clean bean sprouts by removing husks and plucking off roots; wash and drain. Wash pork, drain and using a very sharp knife, slice thinly across the grain. Shred into fine strips. Cut bean curd in half and slice into thin strips. Peel and chop garlic finely. Cut chili into 2 lengthwise, then shred thinly. Put dry wok over high heat for ½ minute, then heat oil until smoking hot. Slide in the bean curd strips and deep-fry for about 2 minutes stirring occasionally until light brown and not too crispy. Turn off heat and remove bean curd with a slotted spoon on to a plate. Pour out all but 3 tablespoons of the oil. Re-heat oil and stir-fry garlic for ½ minute until crispy. Add shredded pork; turn to very high heat and stir-fry briskly for 1 minute until color changes. Add prawns and stir-fry until color changes; add deep-fried bean curd and stir-fry for 10 seconds. Add salt, pepper, light soy sauce and sugar before putting in the bean sprouts; stir-fry for ½ to 1 minute or until sprouts are almost but not quite cooked. Add sliced chili, stir once or twice and turn off the heat. Serve immediately.

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