

## Mix Vegetables Stir-Fry Recipe

**Ingredients:** Serves 4

50g honey peas  
50g fresh lily bulbs  
50g lotus root, cut into 2" strips  
5 water chestnuts, peeled, cut into strips  
50g celery, sliced  
10 sliced carrot florets  
50g asparagus, peeled, cut into 2" length

**Seasoning:**

½ teaspoon salt  
½ teaspoon sugar  
¼ teaspoon chicken stock granules  
50ml water  
1 tablespoon Chinese cooking wine or Shao Xing wine  
1 teaspoon cornflour water, for thickening

**Method:**

Deep-fry all mixed vegetables for a short while. Dish up and then blanch into boiling water for a while. Dish up and drain. Heat 1 tablespoon oil in a pan, put in all vegetables and seasoning. Add wine, stir-well and thicken with cornflour water. Dish up.

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