

Abalane Fried with Shreds of Three Vegetables

INGREDIENTS

½ Can Kansom Australia's Canned Abalone in Brine

2 Spring Onion

1 Green Pepper

1 Yellow Pepper

1 Red Pepper

1 Tsp Kansom Australia's Abalone Sea Sauce*

1/2 Tsp Rice Wine

½ Tsp Salt

1/3 Tsp Sugar

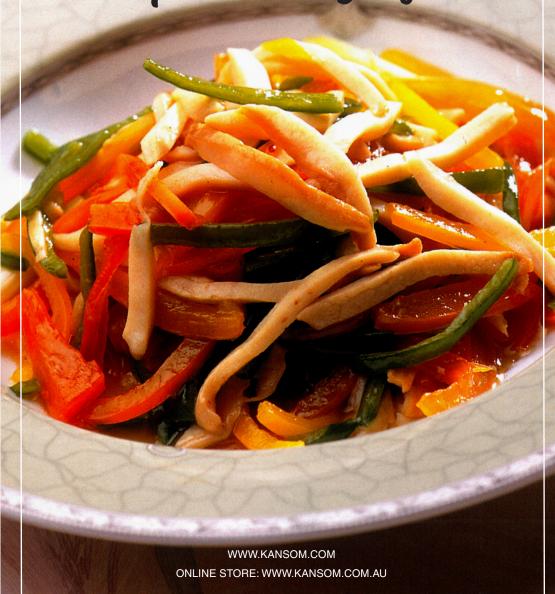
Pinch White Peper

1/2 Tsp Cornstarch

Pinch Sesame Oil

2 Cups Oil

*Why not try this recipe with any of our Sea Sauces? Give it a try.



METHOD

- 1. Clean the green, yellow and red peppers, and take off the seeds. Shred together with the Abalone into thin pieces.
 - 2. Cut the spring onion into equal length.
- 3. Heat 2 cups of oil in the wok until medium hot. Fry the peppers and shredded Abalonbe, then drain when they are done.
- 4. Leave 1 teaspon of oil in the wok. Fry spring onion first. Add in the pepers and shredded Abalone, and combine with the Abalone Sea Sauce and salt.
- 4. Stir and fry, adding in the rice wine, sugar and cornstarc. Add in some white pepper an sesame oil to taste.
- To serve, remove from wok, and arrange in a bowl.