

# Abalone 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\*

½ Tsp Rice Wine

½ Tsp Salt

1/3 Tsp Sugar

Pinch White Pepper

½ Tsp Cornstarch

Pinch Sesame Oil

2 Cups Oil



## 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 Abalone, then drain when they are done.
4. Leave 1 teaspoon of oil in the wok. Fry spring onion first. Add in the peppers and shredded Abalone, and combine with the Abalone Sea Sauce and salt.
4. Stir and fry, adding in the rice wine, sugar and cornstarch. Add in some white pepper and sesame oil to taste.
5. To serve, remove from wok, and arrange in a bowl.

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