



TUNA STIR FRY

Serves 5

INGREDIENTS

- 3 tablespoons vegetable oil
- some onion, sliced
- 1 clove garlic, minced and pressed
- 1/2 carrot, thinly sliced
- 1 capsicum, red or green, thinly sliced
- 80g bean sprout, tailed
- 1 tablespoon lemon juice
- 100g steamed rice
- 1 pinch sugar
- 3 tablespoons AYAM Light Soya Sauce
- 1 can Ayam Brand Chunks in Mineral Water 185g



STIR FRYING

Steam your rice before starting because the frying is fast.

Heat up oil in the wok over medium heat. Once wok is hot and ready, sauté the onions and the garlic together until soft and fragrant. It can be slightly caramelized as well.

Then add the carrot and the capsicum and stir fry for a few seconds. Add in the bean sprout and let it cook for a while longer.

If you like the vegetables cooked a bit more, just cover partially with a lid and let simmer a bit longer.

Add in the drained tuna and the seasonings, the light soya sauce, the lemon juice, the water and the sugar.

Just stir fry for another minute and it is ready!

All those short cooking helps to preserve the nutritional properties of all your ingredients.

PRESENTATION

Serve with a bowl of steam rice.