

Fried Abajane and Seafood of Three Kinds

INGREDIENTS

½ Can Kansom Australia's Canned Abalone in Brine (1 Piece Per Can)

50g Snow Peas

20g Carrots

100g Squid

100g Scallop

5g Shredded Ginger

1 Tsp Kansom Australia's Abalone Sea Sauce*

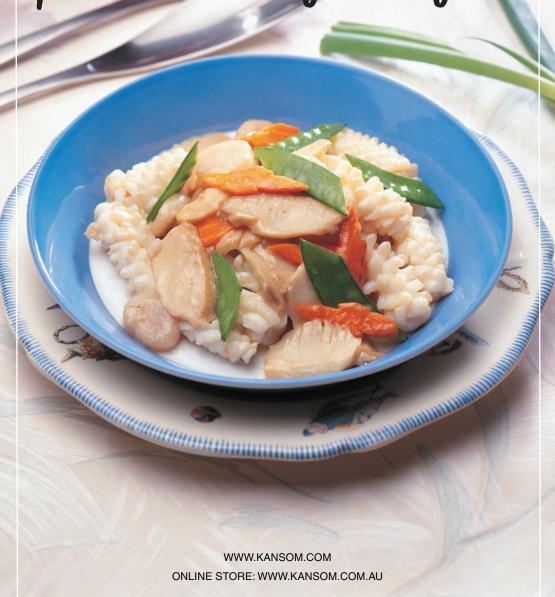
1 Cup Chicken Stock

1 Tsp Cornstarch

1/2 Tsp Sesame Oil

1 Tsp Rice Wine

2 Tbsp Oil



METHOD

- 1. Skin the squid and make some slashes on the inside before cutting it into 1 inch cubes. Clean the scallop and and cut in half. Clean the snow peas and slice the carrot.
- 2. Open the can of Abalone and remove from the brine. Slice the Abalone.
- 3. Boil the water, then add in rice wine. Combine with Abalone, snow peas, carrot, squid and scallop, cooking until done.
- Heat 2 tablespoons oil in the wok, and fry shredded ginger first. Stir fry for 1 minute. Add stock until it is boiling, the combine together with step 3. Springkle with cornstarch and sesame oil.
 - 5. To serve, remove from wok and arrange in bowl.

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