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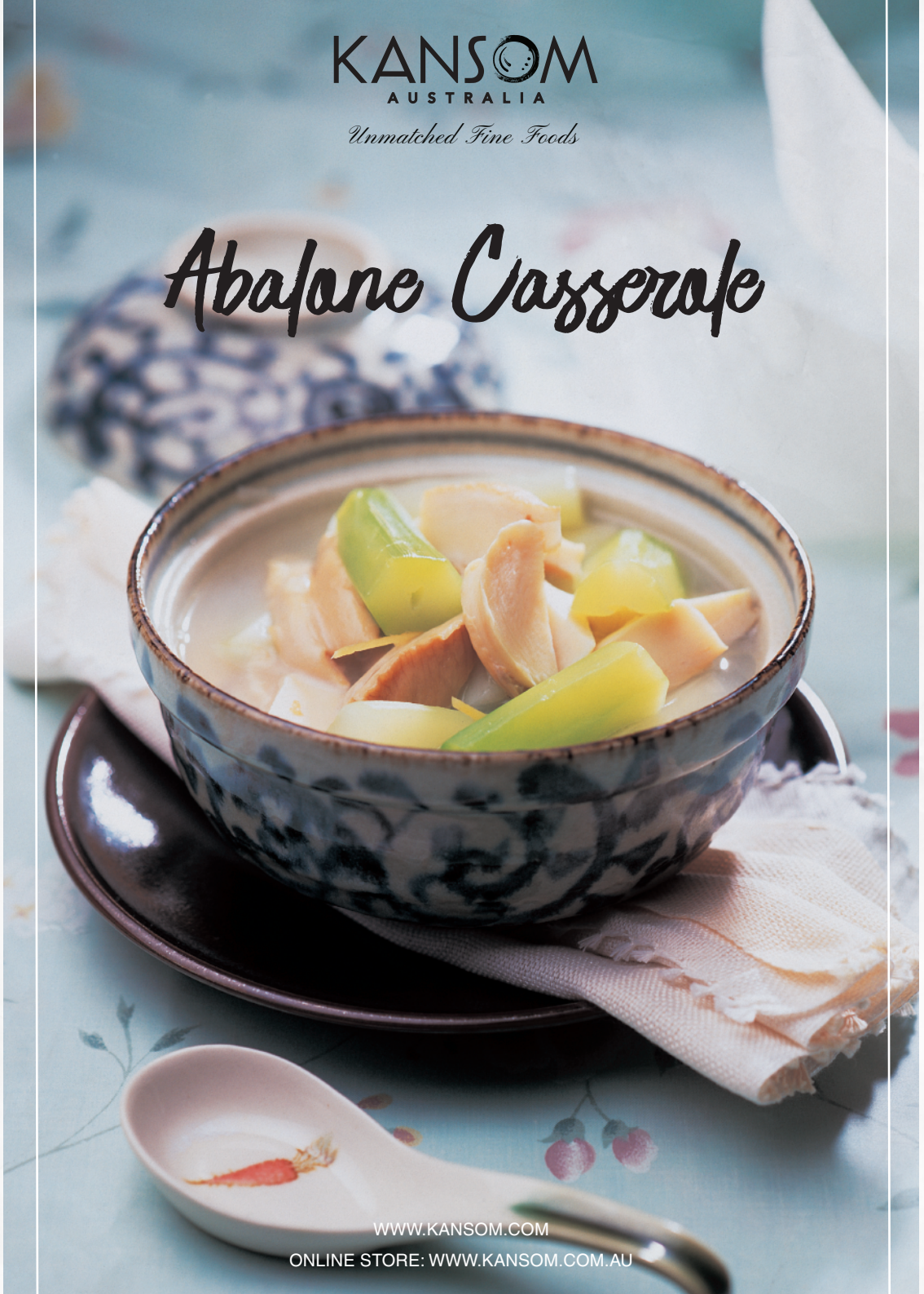
AUSTRALIA
Unmatched Fine Foods

Abalone Casserole



INGREDIENTS

1 Can Kansom Australia's Canned Abalone in Brine (2 Pieces Per Can)

300g Mustard Hearts

10g Thinly Shredded Ginger

3 Tbsp Abalone Brine Juice

½ Tsp Salt

3 Tbsp Oil

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

METHOD

1. Open can, remove Abalone and set aside Abalone Brine Juice for later.

2. Cut Abalone into ½ inch cubes, and cut the mustard hearts into 1 inch cubes.

3. Heat 3 tablespoons oil in a wok. Fry ginger shreds first, then add the mustard hearts. Stir fry for 1 minute.

4. Add in the salt, 3 tablespoons of Abalone Brine Juice and Abalone cubes, stir frying for 3 minutes.

5. Remove from wok, and into a casserole bowl. Cook over medium heat until the colour of the mustard hearts turn yellow. Then it is ready to serve.

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