



## 回鍋肉 TWICE-COOKED PORK



**Ingredients :** 50g Twice-Cooked Pork Sauce , 200g Sliced Pork, 200g Cabbage, 20ml Water, 25ml Camellia oil.

1. Heat a little Camellia oil in a pan, then stir fry the sliced pork.
2. Cut cabbage into small slices and saute cabbage until cooked to medium-rare.
3. Mix the sauce with water.
4. Stir-fry 1 to 3 portions of the sauce until it is cooked and the sauce is slightly dry.

**所需食材 :** 醬料包50g、三層肉片200g、高麗菜200、水20ml、苦茶油25ml。

1. 下少許苦茶油，待熱鍋後，將肉片先炒熟備用。
2. 將高麗菜切成小片狀，並炒高麗菜至七分熟備用。
3. 醬料包先與水均勻混合。
4. 將1至3充份拌炒均勻至熟，醬汁收至微乾，即完成。

**Ingredients :** 60g Mapo Tofu Sauce, 190g Tofu, 30ml Hot Water, 50g Ground Pork, 20ml Camellia oil.

1. Heat a little Camellia oil in a pan and saute the groundpork.
2. Mix the sauce packet with hot water.
3. Add tofu (cut into small cubes).
4. Stir-fry all ingredients from 1 to 3 until cooked.

**所需食材 :** 醬料包60g、豆腐190g、熱水30ml、絞肉50g、苦茶油20ml。

1. 下少許苦茶油，待熱鍋後，先將絞肉炒熟備用。
2. 醬料包與熱水均勻混合。
3. 下豆腐(切成小丁狀)。
4. 將1至3充份拌炒均勻至熟，即完成。

## 麻婆豆腐 MAPO TOFU



**Ingredients :** 50g Pork with Green Pepper Sauce, 100g Shredded Pork, 20ml Water, 100g Green Pepper, 20ml Camellia oil.

1. First add a little Camellia oil wait until the pan hot and fry the meat until cooked.
2. Second cut the green pepper into small pieces and stir-fry the green pepper until medium cooked.
3. Put the sauce packet inside and mix the sauce packet evenly with water first.
4. Final, all of them stir thoroughly and stir-fry until cooked sauce is slightly dry will finish.

**所需食材 :** 醬料包50g、豬肉絲100g、水20ml、青椒100g、苦茶油20ml。

1. 冷鍋下少許苦茶油，待熱鍋後，將肉絲先炒熟備用。
2. 將青椒切成條狀，並炒至7分熟備用。
3. 將青椒肉醬先與水均勻混合。
4. 將1至3充份拌炒均勻至熟，醬汁收至微乾。

## 青椒肉絲 SHREDDED MEAT WITH GREEN PEPPER



## 三杯雞 THREE CUP CHICKEN



**Ingredients :** 50g Three Cups of Chicken Sauce, 190g Boneless Chicken Thighs, 30ml Water, 20g Basil, 20g Sliced garlic, 30ml Camellia oil.

1. Camellia oil, then fry boneless chicken thighs until golden brown and cut into small pieces.
2. Saut'e garlic, add the sauce and water and mix well.
3. Stir fry 1 and 2 together and simmer the chicken things until slightly dry.
4. Add the nine layers of pagoda and stir-fry well before serving.

**所需食材：** 醬料包50g、去骨雞腿肉190g、水30ml、九層塔20g、蒜片20g、苦茶油30ml。

1. 下苦茶油，待熱鍋後，去骨雞腿肉煎至金黃色並切小塊狀備用。
2. 蒜片爆香，再加入(醬料包與水)均勻混合。
3. 1和2充份拌炒均勻，把醬汁收至微乾。
4. 最後要起鍋前，加入九層塔，拌炒均勻，即完成。

**Ingredients :** 50g Miso Stir-Fry Sauce, 100g Dried Noodle, 30g Sliced Plant Meat, 50g Cabbage, 15g Carrot, 10g Ginger, 20ml Water, 50ml Camellia oil.

1. Boil the noodles and set aside (mix with some oil), cut the carrots and ginger into shreds and set aside.
2. Camellia oil in a pan, then stir-fried ginger, sliced plant meat and carrot until cooked.
3. Add the miso stir-fry sauce and stir-fry until fragrant, pour in the cooked noodles and mix evenly.
4. Add water and cabbage and stir-fry evenly until the sauce is slightly dry, then enjoy it.

**所需食材：** 醬料包50g、乾麵100g、素肉片30g、高麗菜30g、紅蘿蔔15g、薑10g、水20ml、苦茶油50ml。

1. 將麵先煮熟備用(拌點油)，紅蘿蔔與薑切絲備用。
2. 下苦茶油熱鍋將薑炒香後，放入素肉片和紅蘿蔔炒熟。
3. 放入醬料炒出香味，倒入煮好的麵拌均勻。
4. 放入水與切小片高麗菜充份拌炒均勻，醬汁收至微乾，即完成。

## 味噌醬炒蔬食麵

MISO STIR-FRIED  
VEGETARIAN NOODLES

