

# Crab & Asparagus Stir Fry

**Prep Time:** 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min  
Serves 1

## Ingredients

- 100g Crab Meat
- 100g Asparagus
- 1/4 cup Water
- 1/2 tsp. Sea Salt
- 1/4 tsp. Pepper
- 1/2 tsp. Paprika (optional)
- 1 tsp. Onion Flakes or Powder
- 1 tsp. Garlic Powder or Chips

## Instructions

- 1 Slice up the crab and asparagus into smaller chunks to ensure faster cooking time.
- 2 Add to the 1/4 cup of boiling water in a non-stick frying pan.
- 3 Add all you spices and mix well.
- 4 Cover and let steam in water for about 15 minutes, over medium heat.
- 5 Keep an eye on your water to make sure it doesn't go dry. {If it does, just add a little more}

## Notes

This dish is more to be steamed than cooked, so how long you steam it depends on how crunchy you like your vegetables.

Also Epicure Spices has dried Roasted Garlic chips available that goes great with this recipe

team victory / spray it away <http://sprayitaway.ca/>