

Asian Gourmet Sauces made by Mei

RECIPE CARD



WAYS TO USE THIS SAUCE

STIR FRY WITH IT

Add couple of spoonful of sauces to chicken pieces, or vegetables.

DIP WITH IT

Perfect sauce to compliment roast chicken, steamed potato and salad.

MARINADE WITH IT

Add 1 tablespoon to beef or chicken for stir-fry dishes, BBQ and grill.

COOK WITH IT

Make Laksa noodles or tofu curry.

FOR MORE RECIPE IDEAS PLEASE VISIT:

www.meishomemade.co.uk/recipes



Satay Veggie Bowl serves 1-2

Humble frozen vegetables can be delicious too. Try this out!

INGREDIENTS

- 200g Frozen mixed vegetables, thawed
- 2-3 tbsp Mei's Satay sauce with Lemongrass
- 50g tin butternut beans (optional)
- 1 portion of oven cooked parsnips (optional)

METHOD

- Fill a deep saucepan with 1 litre of water, bring it to boil and add 1 tsp of sea salt.
- Cooked the thawed vegetables in the boiling water for 2 minutes or until cooked, then drain and set aside.
- Add Mei's Satay sauce and a splash of milk in the same pan in low heat to create more sauce, gently warm through the butternut beans and then add the cooked vegetables.
- Serve with rice, brioche bread or even in fajita wraps.

Other sauces you might like to try on this recipe: Mei's Hot Dates Chilli Paste, Mei's Smoked Paprika Chilli Sauce.