



鮮雞汁蒜香翠玉瓜

Garliced Zucchini in Chicken Sauce

鮮雞汁蒜香翠玉瓜

Garliced Zucchini in Chicken Sauce

韜哥
小貼士

炒時想效果好，最好
加二片大頭菜切絲或
幾片冬菜，效果更
佳。

用料:

翠玉瓜 12兩
蒜片 2片
薑片 6片
甘筍片 6片

汁料:

清水 3/4杯
美味棧鮮雞汁 2茶匙
美味棧香麻油 少許
胡椒粉 少許

製法:

1. 翠玉瓜切斜角大件備用。
2. 下蒜片、薑片及甘筍片煎香取出。
3. 下翠玉瓜爆炒片刻，加入汁料及煎香之蒜片、薑片及甘筍片煮滾。
4. 以生粉水埋薄獻上碟即成。

Ingredients: Zucchini 12 tael, Sliced Garlic 2 clove, Ginger 6 slices, Carrot 6 slices.

Marinade: Water 3/4 Cup, Chicken Sauce 2 tspn, dash of Sesame Oil and Pepper.

Method:

1. Cut zucchini into serving size.
2. Fry garlic, ginger and carrot. Remove.
3. Add zucchini. Stir in sauce.
Add fried garlic, ginger and carrot slices.
Bring to boil.



美味棧鮮雞汁



美味棧香麻油