Stir-fry Vegetables

Ingredients

Vegetables of your choice
¼ cup water
½ teaspoon oyster sauce
½ teaspoon sesame oil
1 teaspoon sugar
1 tablespoon oil
1 clove garlic
1 onion cut into wedges
Ginger
1 teaspoon dried shrimp

Method

Cut vegetables into bite size pieces and place into a bowl.

Slice root vegetables thinly on the diagonal and quarter onion.

Finely chop the garlic, place into a bowl. Peel and finely slice the ginger and add to garlic.

Place wok over high heat and add oil, when oil is hot tip in shrimp, garlic and ginger, sauté for 30 seconds, and scatter in sugar, add vegetables and toss until the vegetables are shiny.

Tip the ¼ cup of water into frypan with vegetables sprinkle with a little sesame oil and cover with a lid, reduce heat and cook for 2-3 minutes When cooked serve on to platters and drizzle with oyster sauce and serve.