

RECIPE

Spring Onion Stir-fry

Ingredients

- 2 bunch of spring onions with roots
- 1 red capsicum
- 1 tbsp olive oil
- 1 tsp Sesame oil
- 21 tbsp minced garlic
- ½ red banana chilli
- 1 tsp Salt
- 1 tsp fish sauce
- 1 tbsp oyster sauce
- 2 tsp sugar
- Packet of microwaved rice



Method

1. Cut the roots of the spring onion and add them to a pan with olive oil. Cook for a couple of minutes and remove when light golden brown.
2. Add oil to the same pan with garlic, and chilli and stir a minute or two.
3. Cut the spring onion. Add the bottom section to the pan and stir for a minute.
4. Add the capsicum, fish sauce, oyster sauce, and sesame oil, and stir until the vegetables soften slightly.
5. Add the remaining spring onion leaves along with coriander (optional). Stir until softened.
6. Serve in a bowl and top with the fried spring onion roots.