



Seafood Medley Stirfry

NIBBLEDISH CONTRIBUTOR

Ingredients

ingredients can vary in amount to taste -squid -octopus -shrimp -oysters -clams -snow peas -red onion -carrots -broccoli -garlic -oyster and button mushrooms -sesame seed oil -peanut oil -oyster sauce -soya sauce -salt and pepper to taste -pinch of cayenne pepper

Instructions

just a leftover food in fridge recipe 1. add peanut oil to wok and allow to heat 2. add your proteins, onions and garlic and let cook just until slightly heated 3. throw in vegetables and cook until soft 4. add sesame oil and oyster sauce along with the salt pepper and cayenne cook for about 2 more minutes and there ya go