Seafood Medly Stirfry

NIBBLEDISH CONTRIBUTOR

Ingredients

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

Instructions

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