



# Seafood and tofu stirfry

NIBBLEDISH CONTRIBUTOR

## Ingredients

- Shrimp, peeled, deveined.
- Crab meat.
- Fish (white meat), cut into pieces.
- Tofu.
- Mushrooms, cut.
- Green onions, cut.
- Carrots, cut into pieces.
- Onions, minced.
- Minced garlic (1 clove.)
- Green peppers, cut into pieces.
- Cooking oil.
- Salt and pepper.
- 1/4 cup of Chinese cooking wine.
- Oyster sauce.
- 1 tablespoon of cornstarch.
- Water.

## Instructions

You can put virtually any vegetable you see fit, and the amount of protein and

---

---

vegetables is completely up to you.

1. Fry the proteins in the pan, making sure they're cooked, add the garlic and onions in afterwards.
2. Add the rest of the vegetables in, making sure they're cooked.
3. Add some cooking wine in there, and about 1/2 cup of water added with cornstarch. Cover for about two minutes.
4. Uncover, mix the ingredients together in the pan. Add about a big squirt of oyster sauce and salt and pepper. Add more water if you want it more liquid-y.
5. Serve on a bed of rice.