

Char Kway Teow

Serves 3 - 4

INGREDIENTS

Char Kway Teow

Sesame Soya Sauce Oil*	1 pkt
Char Kway Teow Paste*	1 pkt
Water#	70 ml (1/3 cups)

Garnish

Pork Lard & Oil*	1 pkt
Chinese sausage (thin slices)	15 gm
Garlic (chopped)	30 gm
Kway teow (flat rice noodle)+	390 gm
Hokkien noodle+	150 gm
Chilli Paste*	1 pkt

Bean sprouts	120 gm
Chye sim (green mustard leaves)	30 gm
Eggs (beaten)	3 nos

Optional Garnish

Cockle juice, obtained from cockle shell	40 ml
Cockle (shelled)	60 gm
Fish cake (julienne)+	20 gm

* Included in this Prima Taste pack.

Note: Amount of water can be adjusted according to desired moistness.

+ Refer to Chef's Tips for suggested alternatives.

To cook

1. Heat wok on high heat till hot. Lower to medium high heat.
2. Add half portion of Pork Lard & Oil (You may substitute Pork Lard & Oil with vegetable oil), chinese sausage and garlic, and stir-fry till very light golden brown or fragrant.
3. Add kway teow and hokkien noodle. Stir-fry with Sesame Soya Sauce Oil and desired amount of Chilli Paste till noodle is soft.
4. Add desired amount of bean sprouts and chye sim. Stir-fry till vegetables are half-cooked.
5. Add Char Kway Teow Paste and water. Mix well and stir-fry for a few secs.

6. Push noodle to side of wok. Add balance Pork Lard & Oil, egg and mix well with noodle. Stir-fry for a few secs.
7. Add optional garnish as desired. Stir-fry for a few secs.
8. Serve immediately.

CHEF'S TIPS*

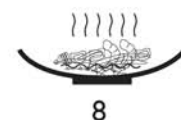
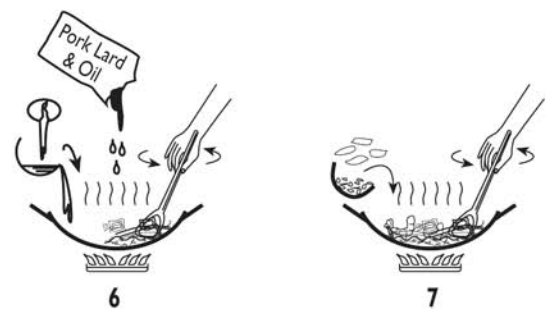
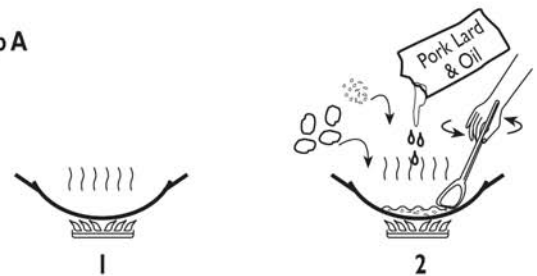
You may substitute fish cake with fish ball. Hokkien noodle or kway teow may be substituted with spaghetti or linguini. For more detailed cooking instructions and tips, please visit www.primataste.com.

STORAGE

Store in cool, dry place. After opening, keep pack refrigerated and use within 3 days.

Volume Conversion: 1 cup ≈ 230 ml

Step A



新加坡炒粿條

(3 - 4 人份)

材料

新加坡炒粿條

B 芝麻醬油* (Sesame Soya Sauce Oil)	1 包
A 新加坡炒粿條糊* (Char Kway Teow Paste)	1 包
水#	70 毫升 (1/3 杯)

配料

D 猪油粒 (包括油)* (Pork Lard & Oil)	1 包
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腊肠 (薄片)	15 克
蒜茸	30 克
粿條+	390 克
福建面+	150 克
C 辣椒糊* (Chilli Paste)	1 包
豆芽	120 克
菜心	30 克
鸡蛋 (搅拌均匀)	3 粒

可任选的配料

鲜蛤汁, 取自鲜蛤壳	40 毫升
鲜蛤 (去壳)	60 克
鱼饼 (切丝)+	20 克

* 百胜厨即煮可食的主料全在包装里

注意: 面的湿度可随个人喜好调整水的份量

+ 请参考烹饪点子

A. 烹煮

1. 用大火把炒锅烧热, 然后调至中火。
2. 加入半包D猪油粒 (Pork Lard & Oil) (您可以菜油取代猪油)、腊肠与蒜茸, 炒至金黄色或芳香。
3. 加入粿條与福建面。以B芝麻醬油 (Sesame Soya Sauce Oil) 和适量的C辣椒糊 (Chilli Paste), 将面條炒软。
4. 加入豆芽和菜心, 炒至半熟。
5. 加入A新加坡炒粿條糊 (Char Kway Teow Paste) 和水。搅拌均匀, 并翻炒数秒钟。
6. 将面條推向炒锅一边。加入剩余的D猪油粒 (Pork Lard & Oil) 和鸡蛋, 将面條搅拌均匀。再翻炒数秒钟。
7. 加入可任选的配料如鲜蛤汁、鲜蛤和鱼饼。再翻炒数秒钟。
8. 即可上桌。

烹饪点子+

您可用鱼圆取代鱼饼。您也可以用意大利面或宽面代替福建面或粿條。

欲知更多烹调详情, 请浏览 www.primataste.com。

储存

储置阴凉、干燥之处。包装一旦打开, 就得放进冰箱, 并在三天内用完。

容量兑换: 1 杯 ≈ 230 毫升

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