

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Twigs/Sprigs	Onion Leeks-Spring Onions	
Half	Teaspoon	Soya Sauce	
1	Teaspoon	Pepper Powder	
1	Salt-Spoon	Salt	to taste
1	Teaspoon	Corn Flour	
2	Tablespoon	Water	
1	Tablespoon	Butter	
Half	Teaspoon	Garlic	crushed
Half	Teaspoon	Ginger	crushed
1	Teacup	Vegetables, general	julienned. Mixed

Method

(1 cup julienned vegetables mixed (carrots, beans, cabbage, cauliflower, peas, onions, potatoes, etc..))

Wash cut vegetables and drain excess water. Mix the corn flour in the water. In a 6" microwave proof bowl, place butter. Add the ginger garlic. Melt in microwave for 2-3 seconds. Add vegetables stir, cover with a loose lid. Microwave on high for 3 minutes.

Remove, add corn flour paste, salt, pepper, Soya sauce, stir. Put back in oven and cook a further 1 minute on high. Garnish with a sprig of chopped spring onion. Serve steaming hot.