

Braised Sea Cucumber

with Mixed Vegetables

Ingredients:

Isles of Eden Sea Cucumber (*rehydrated*)

Firm Tofu

Shiitake Mushrooms

Carrot

Sugar Snap Peas

Olive Oil

Light Soy Sauce

Garlic

Oyster Sauce

Water

Directions:

1. Cut 1 piece of firm tofu into cubes and fry or bake in oven until golden brown.
2. Soak 12 shiitake mushrooms in warm water. Remove stems and cut into halves.
3. Heat oil in pan and sauté minced garlic until fragrant.
4. Add mushrooms and 1 sliced carrot to briefly stir fry.
5. Add sliced sea cucumber.
6. Add remaining sauces and seasonings. Stir fry thoroughly till everything is coated in the sauce.

