

Braised Sea Cucumber

with Peppers

Ingredients:

Isles of Eden Sea Cucumber (rehydrated)

Green Pepper

Red Onion

Spicy Green Pepper

Olive Oil

Ginger

Garlic

Salt

Pepper

Corn starch

Directions:

1. Oil pan and let garlic and ginger simmer until slightly golden brown.
2. Add sliced peppers and onion and fry for 1-2 mins. Add salt and pepper to taste.
3. Add corn starch until thick.
4. Add slice sea cucumber and fry for 2-3 mins.
5. Optional: add soy sauce (as pictured below)

