



Ingredients

- 1 sudu besar Corn Oil
- 200 g Cauliflower
- 4 keping Baby Corn
- 2 Smalls Carrot
- 100 g Long Bean
- 100 g Tempeh
- 50 ml Water
- 1 sudu besar MAGGI® CukupRasa™

Instruction

1. Add oil into wok and heat up.
2. Once wok is sufficiently hot, add in cauliflower, baby corn, carrots, long beans, and tempeh. Stir fry till fragrant.
3. Next, add 50ml water and MAGGI® CukupRasa™. Then stir till evenly mixed.
4. Serve while still hot.

Nutrition

Carbohydrates	16.41 g
Energy	128.22 kcal
Fats	3.85 g
Protein	8.96 g

⌚ 9 Minutes

⊕ 6 servings