



Braised Auspicious Abalone with Yam & Broccoli

Ingredients

- 4 cups Cabbage
- 300 g Broccoli
- 2 tsp Cooking Oil
- 1 tin Abalone, canned
- 400 g Yam
- 0.25 cup MAGGI® Oyster Sauce
- 1.67 cups Water
- 1 tsp Sugar
- 0.5 tsp Dark Soy Sauce

Instruction

1. In hot wok, stir fry cabbage until slightly withered. Pre-blanch broccoli, strain and set aside.
2. In bowl, mix MAGGI® Oyster sauce, water, abalone water, sugar.
3. Pour mix sauce on pan and add in abalone with the water. Boil and simmer until the yam are thoroughly cooked.
4. Lastly pour dark soy sauce for silky color. Stir well.
5. On a plate, arrange cabbage, abalone, broccoli, and yam on the plate. Pour the sauce on top and serve hot.

Nutrition

Carbohydrates	17.32 g
Energy	127.14 kcal
Fats	1.33 g
Protein	11.28 g

🕒 20 Minutes

⊕ 10