



Stir Fried Squid

Ingredients

- 1 kg Squid
- 2 tbsp Vegetable Oil
- 1 head Garlic
- 1 pc Ginger
- 2 pcs Hot Chili Peppers
- 1 pc Onion
- 1 pc Green Bell Pepper
- 1 pc Red Bell Pepper
- 0.5 cup Water
- 0.25 cup MAGGI® Oyster Sauce
- 0.5 cup Cornstarch

Instruction

1. Boil salted water and add squid. Cook for 30 seconds. Strain and soak in cold water. Drain well and set aside.
2. Sauté garlic, ginger, siling labuyo, onion and bell peppers in oil. Pour water and MAGGI® Oyster Sauce. Stir in cornstarch and water mixture to thicken the sauce.
3. Add blanched squid and cook for another minute. Transfer into a serving plate and serve.

Nutrition

Carbohydrates	31.66 g
Energy	310 kcal
Fats	7.4 g
Protein	28.17 g

35 Minutes

6 4-6 Servings