

Broccoli, snow pea, asparagus stir-fry with salt & pepper squid

Broccoli, snow pea, asparagus stir-fry with salt & pepper squid

Preparation 15 mins | Cooking 30 mins | Serves 4

1 x 360g pkt frozen Salt & Pepper Squid in a crunchy coating
2 tbs peanut or vegetable oil
500g broccoli, trimmed and cut into bite-sized florets
2 bunches asparagus, trimmed and cut into 5cm pieces
3 green onions (shallots), trimmed and sliced
1 long red chilli, deseeded and thinly sliced
2 garlic cloves, finely chopped
200g snow peas, trimmed
2 tbs kecap manis
1 tbs sweet chilli sauce
Coriander leaves, micro-herbs (like shiso) and steamed jasmine rice, to serve

STEP 1 Preheat oven to 220°C/200°C fan-forced. Oven bake the frozen salt & pepper squid for 20-25 minutes, following packet directions.

STEP 2 Five minutes before the squid is finished cooking, heat the oil in a wok over high heat. Add broccoli and stir-fry for 2-3 minutes. Add asparagus, green onions, chilli and garlic and stir fry for 2 minutes. Add 2 tbs water, cover and cook for 1 minute.

STEP 3 Add snow peas, kecap manis and sweet chilli sauce and toss until hot and well combined. Spoon onto serving plates. Scatter with squid, coriander and micro-herbs. Serve with steamed jasmine rice.