

素滷肉飯

準備時間： 20 分鐘

烹飪時間： 30 分鐘

調味料：

素蠔油 1.5 桌匙

生抽醬油 1.5 桌匙

鹽 半桌匙

糖 1 桌匙

黑糊椒粉 1 茶匙

薑末 1 茶匙

混合香料 1 茶匙

材 料：

食用油 1.5 桌匙

干素肉燥 50 克

白豆干丁 20 克

香菇丁 20 克

做 法：

- 1.將乾素肉燥放入冷水中泡開，泡開後將水瀝乾備用。
- 2.鍋內放油，依次放入黑糊椒粉，薑末，白豆干丁煸炒。直至豆干丁表面變焦黃。
- 3.再依次加入香菇丁，素肉燥放入鍋中煸炒水分。加入糖，鹽，素蠔油，生抽醬油和混合香料。
- 4.在炒鍋中加水，將肉燥燉煮 15 分鐘。
- 5.將做好的素肉燥淋在米飯上即可食用。

Vegi Mince Dish

Preparation time: 20 minutes
Cooking time: 30 minutes

Seasoning:

Vegetarian Oyster Sauce	1.5 tbsp
Soy Sauce	1.5 tbsp
Salt	half tbsp
Sugar	1 full tbsp
Black Pepper	1 tsp
Diced Ginger	1 tsp
Mixed Herb	1 tsp

Ingredients:

Cooking Oil	1.5 tbsp
Dry Vegan Soy Mince	50 g
Diced Firm Tofu	20 g
Diced Mushroom	20 g

Methods:

1. Soak the dry vegan mince in cold water. When ready, rinse the mince for later use.
2. Put oil in wok. Then put in black pepper, diced ginger, diced firm tofu **in sequence** to stir fry until the tofu shows golden colour.
3. Put in mushroom and vegan mince **in sequence** to stir fry. Then put in sugar, salt, oyster sauce, soy sauce and herbs.
4. Put water into wok to just over the mince and cooked for 15 min.
5. Put the ready-cooked vegan mince on the rice and enjoy.