

# ASIAN COLESLAW

## Ingredients:

150g	Cabbage
100g	Purple cabbage
½ piece	Carrot
5 nos	Cherry tomatoes
½ piece	Japanese cucumber

## Dressing:

3 tbsp	Mayonnaise
3 tbsp	Plain yoghurt
1	Lime, squeezed for juice
1 sachet	<b>Slim Up™ Low-Calorie Sweetener</b>
A dash of	<b>AJI-SHIO® Iodised Table Salt</b>
A dash of	<b>AJI-SHIO® Flavoured Pepper</b>

## Methods:

1. Shred both types of cabbage and carrot.
2. Quarter cherry tomatoes and cut Japanese cucumber into quarters and remove soft centre. Cut into matchstick size pieces.
3. Combine all vegetables in a mixing bowl. Chill well in the refrigerator.
4. Mix dressing ingredients together and keep chilled in the refrigerator too.
5. Just before serving mix dressing with vegetable. Toss to combine and put into individual salad bowls. Serve with the chicken wings.

# SPICY PEPPERY CHICKEN WINGS

## Ingredients:

6 Chicken wings  
Adequate Cooking oil

## Marinade (X): Mixed together

1 tbsp Oyster sauce  
½ tsp Chilli powder  
1 tbsp **AMOY® Sesame oil**  
A dash **AJI-SHIO® Iodised Table Salt**  
2 dashes **AJI-SHIO® Flavoured Pepper**

## Batter (Y): Combined

1 Egg, lightly beaten  
1 packet **SERI-AJI® Seasoned Flour for Deep Frying**  
(Spicy)  
A dash **AJI-SHIO® Flavoured Black Pepper**

## Methods:

1. Cut chicken wings into 2 sections and season with marinade (X).
2. Coat with batter (Y).
3. Deep-fry wings until golden brown and cooked through. Serve with Asian coleslaw.

## STIR-FRIED NOODLES IN MUSHROOM SAUCE

### Ingredients:

3	Dried mushrooms, soaked and shredded
4	Button mushrooms, sliced
60g	Carrot, sliced
2	White cabbage leaves, shredded and blanched
1 clove	Garlic, chopped
4 slices	Young ginger
3 pieces	Dried fine yee fu noodles, rinsed
1 tbsp	Cooking oil
2 tbsp	<b>AMOY® Sesame Oil</b>
1	Red Chilli, sliced

### Seasoning (X):

1/2 tbsp	<b>TUMIX® Chicken Stock Seasoning</b>
1 – 2 dashes	<b>AJI-SHIO® Flavoured Pepper</b>
A little	Thick soy sauce (for colour)
4 tbsp	Water

### VONO Sauce: Mixed into a paste

1 sachet	<b>VONO® Chucky Mushroom Soup</b>
1 sachet	<b>VONO® Chicken Soup</b>
400ml	Warm water

### Methods:

1. Heat cooking oil and sesame oil in a wok, sauté garlic and ginger until fragrant. Add all mushrooms, cabbage and carrot.
2. Add noodles and seasonings (X) and fry well to combine. Dish out onto a serving plate.
3. Reheat wok with a dash of **AMOY® Sesame Oil** and pour in combined **VONO® mushroom** and chicken paste. Bring to a boil. Add in blanched cabbage to mix then pour sauce over noodles. Serve immediately with sliced chilli.

# SULTANA SCONES

## Ingredients:

200g	Self-raising flour
¼ tsp	<b>AJI-SHIO® Iodised Table Salt</b>
85g	Castor sugar
55g	Butter
1	Small egg
35g	Sultanas
15g	Golden raisins
100ml	Fresh milk

## Glaze:

1	Egg
1 tbsp	Milk

## Methods:

1. Sift flour into a mixing bowl. Add in **AJI-SHIO® Iodised Table Salt** and sugar to mix. Rub in butter followed by egg. Add in sultanas and raisins.
2. Pour in milk and mix into a dough.
3. Lightly pat or roll out dough to 1.5 cm thick. Cut out with cutters or into squares. Place on a greased tray and brush with glaze.
4. Bake in preheated oven at 180° C for about 15 minutes or until well risen. Serve scones with warm coffee or tea.