

Braised Sea Cucumber

with Spring Onion

Ingredients:

Isles of Eden Sea Cucumber (*Rehydrated*)

Ginger
Garlic
Plant Oil
Green Onion
Soy Sauce
Sesame Oil
Salt
Sugar
Corn Starch

Directions:

1. Slice rehydrated Isles of Eden sea cucumber into strips.
2. Bring a pot of water to boil then add sea cucumber slices. Boil on high heat for 5 minutes then drain.
3. Mince garlic and ginger.
4. Oil wok well and heat on high. Add garlic and ginger.
5. Chop the green onion stalks into 5 cm sections. Add to garlic and ginger.
6. Add boiled sea cucumber slices and reduce the heat.
7. Add soy sauce, sugar, salt, corn starch and sesame oil.

