

Waste Not
Want Not

HASTY HAKKA



INGREDIENTS

- 2 carrots, shredded
- 1 zucchini, shredded
- 1 cucumber, shredded
- 1 capsicum, roughly cut
- 1 onion, sliced
- 3 cloves garlic, chopped
- 500g ham, cut into strips

Sauce:

- 2tbsp BBQ sauce
- 1tbsp plum sauce
- 1tbsp tomato sauce
- 1tbsp chilli sauce (optional)

Garnish:

- 100g peanuts, toasted, coarsely ground
- Small handful of basil

INSTRUCTIONS

1. Prepare the vegetables as directed and keep chilled.
2. To make the sauce: mix all the sauces and whisk to mix well.
3. In a pan, heat oil and saute onion and garlic. Add in all vegetables and cook just enough to sweat them. Add in ham and toss for 1 minute.
4. Pour in the prepared sauce mixture and toss to mix well. Season to taste and garnish with peanuts and basil.

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SUNSHINE KEBABS



expires
20/04/17

STORAGE TIP!

Fold spinach in wet newspaper for refrigeration.