

Item # 104780

Desc: Stir Fry Seasoning Blend

Nutrition Facts			
Serving Size		1/4 teaspoon (1g)	
Servings Per Container		Varied	
Amount Per Serving			
Calories 0	Calories from Fat 0		
			% Daily Value*
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat	0g		
Cholesterol	0 mg		0 %
Sodium	120 mg		5 %
Total Carbohydrate	1 g		0 %
Dietary Fiber	0 g		0 %
Sugars	0g		
Protein	0g		
Vitamin A	0%	Vitamin C	2%
Calcium	0%	• Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

104780 Stir Fry Seasoning

Ing: Kosher flake salt, unrefined cane sugar, corn starch, soy sauce powder (fermented soybeans, wheat and salt), roast garlic, red bell peppers, sesame seeds, canola oil, ginger, cinnamon, mustard, Szechuan pepper, star anise, sesame oil, coriander, white pepper, natural hickory flavor, silicon dioxide, clove.

**Contains: Wheat and Soy Ingredients.

**Good Manufacturing Practices are used to sequence ingredients in our production facility that also processes products containing peanuts, tree nuts, soy, fish, milk, egg, crustacean shellfish, and wheat ingredients.

Product information/materials may change.

Refer to the package or call for updates.

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Stir Fry Seasoning

-This is a complete Oriental-Style Stir Fry blend, accented with Chinese 5 Spice. It is easy to use in your favorite stir fry, season meat or fish, or follow the recipe below:

Chicken Stir Fry

1 lb. skinless boneless chicken

4 cups fresh vegetables

(fresh broccoli, carrots, celery, bok choy, Chinese cabbage, mushrooms, red bell peppers, bean sprouts, scallions and/or onions in any combination you like.)

6 tablespoons Stir Fry Seasoning Blend

5 tablespoons vegetable oil

1 tablespoon corn starch (or flour)

1.) Cut chicken into strips; place in a bag and add 2 T. Stir Fry Seasoning and 1 T. corn starch; shake to coat all the meat and refrigerate for 20 minutes.

2.) In a large kettle or wok, heat oil until it is very hot; add the chicken; stirring it gently until it is fully cooked; remove and cover to keep it hot. Add a little oil if needed and make it very hot; add the vegetables; stirring constantly to cook all of the vegetables (just until they begin to lose their crispness); remove from the kettle onto a plate; place the chicken on top and serve. Great with white, brown or fried rice or noodles. (beef, pork, duck or fish can be used instead of chicken)