

Asian Nopalito Stir Fry



Serves: 6

Preparation time: 30 min

*Recipe developed by Yo-Chai Huang
Checked and edited by Dr Alba du Toit*

INGREDIENTS:

- 1 nopalito
- 1 garlic clove, finely chopped
- 15 ml soya sauce
- 15 ml olive oil
- 1 red jalapeño chilli, seeds remove and finely chopped
- 1 spring onion, finely chopped
- 1 red pepper, finely sliced
- 1 yellow pepper, finely sliced
- salt and pepper to taste

METHOD:

- Clean, remove the glochids and slice the nopalitos into thin strips.
- Combine the garlic, nopalitos and soya sauce to marinade.
- Heat the oil in a frying pan or an electric frying pan or wok.
- Sauté the red chilli and spring onion to the hot oil in the frying pan.
- Add the red and yellow peppers, sauté for 5 minutes and add the marinated nopalitos with the soya sauce and sauté for another 5 minutes and season to taste.
- Serve immediately.

T: +27 51 401 7656 | E: DuToitA1@ufs.ac.za | www.ufs.ac.za

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