

## Stir-Fried Lobster Tail / Tiger Shrimp

Yield: 14 oz portion



### Ingredients:

Chilled Lobster tail, cut into bite-size	4 oz
or Tiger Shrimp 16/20	6 oz
White Onion, Large	1/2 (4-6 oz)
Green Bell Pepper	1/2 (2.5 oz)
Red Bell Pepper	1/2 (3.5 oz)
Minced Garlic	2 tsp
Vegetable Oil	3 Tbsp

### Seasonings:

Salt	1/2 tsp
Sesame oil	1/2 tsp
Corn starch	1 Tbsp

### Sauce:

<b>AMOY Chinese Stir fry Sauce</b>	2 Tbsp
Water	1/2 cup

### Preparation:

1. Rinse and wipe dry lobster tail/shrimp and mix with seasonings.
2. Cut onions, green pepper, red pepper into large triangles.
3. Heat 3 Tbsp oil, shallow fry in medium hot oil until half done.
4. Add minced garlic, onion, green and red pepper, mix well and add sauce, cover and cook for 1 min. Ready to serve.