

LEE KUM KEE Chinese cooking like never before



# OUR HISTORY OF SAUCES



Chinese cooking like never before! The inventor of Oyster Sauce, Lee Kum Kee is the authentic Chinese food brand, producing over 200 well-loved sauces and condiments worldwide. Lee Kum Kee was established in 1888 with the invention of Oyster Sauce by founder Mr. Lee Kum Sheung, who accidentally overcooked his oyster soup, only to discover the thick, delicious sauce that's loved around the world today.

Over the last 130 years Lee Kum Kee has grown to become an international food brand and a symbol for quality and trust, with a range of products that are known as the secret to authentic Chinese cooking. Try our range of delicious products at Coles, Woolworths, IGA or your local Asian grocer.





#### **Oyster Stir-Fry Sauce**

This smooth, brownish, savoury sauce is made from finely selected oyster extract with soy sauce, sesame oil, ginger and garlic. It's the quick, ready-blended essences of Chinese cooking. Add to stir-fry and create the most excellent Chinese dishes!



#### Vegetarian Stir-Fry Sauce (with diced mushrooms)

Specially created for vegans to enjoy a similar texture and appearance to oyster sauce in their Chinese cooking. This new recipe contains unique, umami-rich diced shiitake mushrooms to create one of the most excellent vegan dishes you've ever had!



#### Teriyaki Stir-Fry Sauce

The perfect blend of quality soy sauce and selection of spices is ideal for all teriyaki stirfry. You can also marinate meat, or use it as brush-on too. Perfect for chicken, beef or seafood skewers. This sauce delivers the most excellent teriyaki stir-fry you've ever had!



#### Honey & Soy Stir-Fry Sauce

This distinctive sweet and savoury sauce made with the umami rich soy sauce and glazy honey, ideal for stir-fry and as brush on. Grab one in your pantry and create the classic Chinese dish you have ever had!







### SALMON TERIYAKI NOODLE SALAD



SERVES: 4 | PREPARATION: 40 MINS | COOKING: 15 MINS

#### **INGREDIENTS**

- 4 Salmon fillets (130-150g each), skin on
- 220g Glass or rice noodles
- 2 tsp Lee Kum Kee Pure Sesame Oil
- 2 Spring onions, sliced
- 1 Carrot, in peels or long strips
- 200g Red cabbage, shredded
- 100g Sugar snap peas, ends trimmed off and sliced lengthwise
- 4 tbsp Coriander leaves, roughly chopped
- 4 tbsp Mint leaves, roughly chopped

#### Marinade:

145g Lee Kum Kee Teriyaki Stir-fry Sauce

#### Dressing:

- 2 tbsp Lee Kum Kee Seasoned Soy Sauce for Seafood
- 1 tbsp Lee Kum Kee Pure Sesame Oil
- 2 tbsp Lime juice
- 2 tsp Ginger, minced
- 2 tsp Honey, or to taste
- 1 Garlic clove, crushed

#### Garnish:

- 4 tbsp Mint & coriander leaves, roughly chopped
- 1 Lime, cut into wedges
- 4 tbsp Macadamias, lightly toasted & roughly chopped









### SALMON TERIYAKI NOODLE SALAD



SERVES: 4 | PREPARATION: 30 MINS | COOKING: 10 MINS

- In a bowl or large ziplock bag marinate the salmon fillets in the Lee Kum Kee Teriyaki Stir-fry Sauce. Leave in the fridge for at least 30 minutes.
- 2. Preheat the oven to 200°C. Lay the salmon fillets skin side up in a lined baking tray. Brush with Lee Kum Kee Teriyaki Stir-fry Sauce and bake for 12-14 minutes, or until the salmon is fully cooked.
- Cook the noodles according to packet instructions.
   Drain and chill under running water. Toss with 2 tsp of Lee Kum Kee Pure Sesame Oil and set aside.
- Place prepared vegetables and herbs into a serving bowl.
   Toss with cold noodles.

- 5. In a small bowl whisk dressing until well combined. Pour over the noodle bowl and toss.
- 6. Divide noodle salad into four serving bowls. Top with pieces of baked salmon and garnish.









## TERIYAKI BEEF STIR-FRY WITH CHILLI NOODLES



#### **INGREDIENTS**

500g Beef whole steak like sirloin, or the same quantity or sliced stir-fry beef 2 tbsp Oil

2 tsp Lee Kum Kee Minced Garlic

100g Green onion, green parts only, chopped into thick batons

150g Broccolini

120g Brown onion, finely sliced

150g Lee Kum Kee Teriyaki Stir-Fry Sauce

250g Bean sprouts

25g Basil, leaves picked

150g Thick rice noodes (pho), prepared as per pack instructions, keep warm

2 tbsp Lee Kum Kee Chiu Chow Style Chilli Oil

2 tbsp Lee Kum Kee Pure Sesame Oil









## TERIYAKI BEEF STIR-FRY WITH CHILLI NOODLES



SERVES: 4 | PREPARATION: 15 MINS | COOKING: 15 MINS

- 1. If you use whole beef steak on a hot grill pan, cook steaks whole for a couple of minutes on each side (depending on their thickness), turning only once. This way the steaks will be cooked evenly to medium done. Remove from heat and set aside, season with a little salt & pepper on both sides while they're still hot. Once rested for a couple of minutes, slice steaks against the grain into bite size pieces. If you use beef sti- fry strips, skip this step.
- 2. In a large bowl, whisk together two tablespoons of the Lee Kum Kee Teriyaki Stir-Fry Sauce and all of the Lee Kum Kee Chiu Chow Style Chilli Oil, set aside.
- 3. Add oil to a hot pan or wok, and stir fry Lee Kum Kee Minced Garlic, green onion, broccolini and onion until they start to caramelise and wilt a little. Remove from pan, then set aside.
- 4. Add warm noodles into the bowl with Lee Kum Kee Chow Style Chilli Oil & Lee Kum Kee Teriyaki Stir-Fry Sauce, mix well until all the noodles are coated. Set aside.

- 5. If you're using sliced stir-fry beef strips, add them into the hot wok or pan now. Stir fry for a few minutes, until cooked to desired doneness. If you used beef steak, add your cut pieces to the pan now and immediately add the the broccolini mix back in, add remaining Lee Kum Kee Teriyaki Stir-Fry Sauce, stirring through. Add bean sprouts, Lee Kum Kee Pure Sesame Oil, plus basil leaves, and fold gently till all ingredients are warmed through. Remove from heat.
- 6. Fold chilli noodles through the teriyaki beef stir-fry and serve. Or serve the stir-fry on top of the chilli noodles-









### TERIYAKI GINGER PRAWNS WITH MANGO DIPPING SAUCE

SERVES: 4 | PREPARATION: 30 MINS | COOKING: 10 MINS

#### **INGREDIENTS**

12 Australian banana prawns, shells peeled with tails left on

- 1 Mango, cut into strips
- 2 tbsp Oil
- 2 tbsp Black & white sesame seeds, toasted, to garnish
- 1 Lime, cut into wedges

#### Marinade:

200g Lee Kum Kee Teriyaki Stir-fry Sauce 1 tbsp Lee Kum Kee Pure Sesame Oil

3 tsp Ginger, grated

2 tsp Garlic, grated

#### Dipping Sauce:

- 1 Mango, pulp only
- 1 Lime, juice
- 4 tbsp Coriander leaves
- 1 Red chilli, chopped, optional
- 1 tsp Maple syrup
- A pinch of salt & pepper

#### Equipment:

Pre-soaked bamboo skewers.

#### **METHOD**

- Whisk together the marinade ingredients in a bowl. Add prawns, covering them completely, cover with cling film then pop in the fridge to marinade for at least 30 minutes.
- 2. Blend all dipping sauce ingredients together until smooth. Season to taste then pour into a small bowl.
- 3. Fire up the grill on the barbecue on medium heat. Remove prawns from the fridge and then push onto skewers. Push mango strips onto skewers.
- 4. Drizzle barbecue with oil then lay prawn skewers on and grill both sides until cooked and slightly charred, about 3-5 minutes each side. Baste with extra oil as you grill.
- 5. Sprinkle cooked skewers with toasted sesame seeds and serve with lime wedges and dipping sauce. Yum!

#### PRO TIP

If you don't have coriander try this dish with mint instead! Or mix the two together for a next level flavour pop!









## MUSHROOM LETTUCE CUPS

#### **INGREDIENTS**

- 1 tbsp Oil
- 2 tsp Ginger, peeled & finely chopped
- 2 Garlic cloves, finely chopped
- 450g Mushrooms, shiitake/ button/ enoki, sliced
- 3 tbsp Lee Kum Kee Vegetarian Stir-fry Sauce
- 1 tsp Lee Kum Kee Pure Sesame Oil
- 2 Spring onions, sliced
- 1 Carrot, thinly sliced or julienned
- 50g Bamboo shoots, thinly sliced, optional
- A pinch of salt & pepper
- 50g Red cabbage, shredded
- 12 Lettuce leaves

#### Garnish:

- 50g Cashew nuts, lightly toasted and roughly chopped
- 4 tbsp Coriander, roughly chopped
- 1 Red chilli, sliced, optional

- Heat oil in a wok or skillet over medium heat. Add ginger and garlic and fry for 30 seconds. Add mushrooms and fry for 5 minutes, stirring often so they don't stick.
- 2. Add Lee Kum Kee Vegetarian Stir-fry Sauce, Lee Kum Kee Pure Sesame Oil, spring onions, carrot, and bamboo shoots (if using) and fry for 2 minutes, until hot and well combined. Season to taste with salt and pepper.
- Spoon red cabbage into the lettuce cups. Top with mushroom mix, then sprinkle with garnish.







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## MOO SHU PORK TACOS PARTI

SERVES: 4 | PREPARATION: 10 MINS | COOKING: 10 MINS

#### **INGREDIENTS**

#### For Moo Shu Pork:

500g Pork loin, sliced in thin strips

1 tbsp Oil

12 pcs Corn tortillas

2 tbsp Sesame seeds, lightly toasted

#### Marinade:

150g Lee Kum Kee Hoisin Sauce

4 tbsp Lee Kum Kee Oyster Stir-fry Sauce

2 tsp Lee Kum Kee Pure Sesame Oil

1 tsp Lee Kum Kee Chiu Chow Style Chilli Oil, optional

60ml Rice vinegar

2 tsp Ginger, grated

2 Garlic cloves, crushed

1/2 tsp Black pepper

#### Slaw Dressing:

1 tbsp Lee Kum Kee Hoisin Sauce

2 tsp Lee Kum Kee Pure Sesame Oil

1 tbsp Mayonnaise

1 tbsp Lime juice

#### Slaw:

100g Purple cabbage, shredded

3 tbsp Coriander leaves, roughly chopped

2 Radishes, mandolined, optional

2 Spring onions, thinly sliced

1 Carrot, julienned

1 Apple, julienned, optional









## MOO SHU PORK TACOS PART 2

SERVES: 4 | PREPARATION: 10 MINS | COOKING: 10 MINS

- In a medium sized bowl whisk together marinade ingredients. Add sliced pork to the marinade, toss to cover, then set aside.
- 2. Heat oil in a large skillet or wok over medium to high heat. Use tongs or chopsticks to take the pork meat out of the marinade and place in the wok. Sauté pork until cooked through, about 5 minutes. Season with salt and pepper and take off the heat.
- 3. Heat tortillas in an oiled frying pan or griddle pan, or simply pop in the microwave for 30 seconds.

- 4. In a large bowl whisk slaw dressing then toss with slaw ingredients until well combined.
- To serve simply load the tortillas with slaw and moo shu pork and its sauce, then sprinkle with sesame seeds. For spice lovers drizzle tacos with extra Lee Kum Kee Chiu Chow Style Chilli Oil.











### SPAGHETTI CHOW MEIN

#### **INGREDIENTS**

280g Spaghetti

2 tsp Lee Kum Kee Pure Sesame Oil

3 tbsp Oil

75g Mushrooms, sliced

150g Broccoli, cut into florets

70g Bok choy, sliced

75g Raw cashews, roughly chopped

2 tsp Ginger, peeled & grated

3 Garlic cloves, crushed

100g Mung bean sprouts, optional

#### Sauce Mix:

2 ½ tbsp Lee Kum Kee Oyster Stir-fry Sauce 1 tbsp Lee Kum Kee Premium Soy Sauce 1 tsp Lee Kum Kee Chiu Chow Style Chilli Oil, optional

#### **METHOD**

- 1. In a bowl whisk together all sauce mix ingredients. Set
- 2. Cook spaghetti as per packet instructions. Drain, toss in Lee Kum Kee Pure Sesame Oil and set aside.
- 3. Heat 2 tbsp oil in a large skillet or wok over medium-high heat. Add mushrooms and broccoli and cook, stirring often, for about 3-4 minutes. Add bok choy, cashews, ginger and garlic and fry for another minute, adding extra oil if necessary.
- 4. Add sauce mix and spaghetti and stir until well combined and hot, about 3 minutes. Serve hot with mung bean sprouts.

#### **PROTIP**









## PRAWN EGG FOO YOUNG

ERVES: 4 PREPARATION: 5 MINS COOKING: 15-20 MINS

#### **INGREDIENTS**

6 Eggs

A pinch of salt & pepper

300g Pre-cooked prawns, peeled with head  $\uptheta$  tails removed 50g Mung bean sprouts

5 Spring onions, finely sliced, divided into 2 portions 50g Shiitake mushrooms (or button mushrooms), sliced

4 tbsp Oil

2 tbsp Sesame seeds

#### Sauce Mix:

1 tbsp Lee Kum Kee Oyster Stir-fry Sauce

3 tsp Lee Kum Kee Seasoned Soy Sauce for Seafood

2 tsp Lee Kum Kee Pure Sesame Oil

1 tbsp Rice vinegar

1 ½ tbsp Sugar

150ml Vegetable stock

1 ½ tsp Corn starch

2 tbsp Water

- Add all sauce mix ingredients except corn starch and water to a saucepan and bring to a gentle simmer over medium heat. Stir to dissolve the sugar. In a small bowl whisk corn starch with water until fully mixed then pour into sauce, whisking vigorously, until sauce thickens to the consistency of gravy. Keep warm and set aside while you make the omelette.
- 2. In a large bowl crack and beat eggs until smooth. Add a pinch of salt and pepper. Add prawns, mung beans sprouts, 1 portion of spring onions and mushrooms and stir to combine.
- 3. Heat 1 tbsp of oil in a non-stick frying pan over medium heat. Ladle ¼ of the omelette mix in, use a spatula to push the edges in to form a round shape. Cook until golden, about 2 minutes, then flip and cook the other side for 1 minute. Slide onto a plate and repeat with the remaining 3 portions. (You can use 2 frying pans to cook 2 portions simultaneously to save time.)
- 4. To serve drizzle omelettes with sauce and garnish with spring onion and sesame seeds.









### **CALAMARI & OYSTER SAUCE STIR-FRY**



#### **INGREDIENTS**

#### Marinade

500g Squid tubes, scored, then sliced to rings or chunks depending on the size of the tubes and your preference. 500ml Buttermilk

2 tbsp Oil

15g Garlic, finely sliced

80g Green onion, white parts, sliced into batons

200g Mini tomatoes, sliced in halves

130g Glass noodles, prepared as per pack instructions

120g Lee Kum Kee Oyster Stir-Fry Sauce

2 tbsp Sesame seeds

20g Coriander, leaves picked

20g Mint, leaves picked and finely sliced

10g Long chilli, finely sliced

70g Shallots, finely sliced

Salt & Pepper to taste

#### Drizzle Sauce

1 tbsp Lee Kum Kee Oyster Stir-Fry Sauce

1 ½ tbsp Water

1 tbsp Lee Kum Kee Pure Sesame Oil







### **CALAMARI & OYSTER SAUCE STIR-FRY**



#### **METHOD**

- Add scored squid and buttermilk into a bowl, cover and refrigerate for 1 - 2 hours. This will tenderise the squid making the stir-fry even tastier.
- 2. Mix drizzle sauce ingredients together in a bowl and set aside.
- 3. On a hot grill pan, sear squid on all sides for two to three minutes, or until just cooked and tender. Set aside and season lightly with salt & pepper while it's still hot.
- 4. Add oil into a hot wok or pan, quickly toss through garlic, green onions and once they start to wilt, add tomatoes. Stir fry until tomatoes begin to wilt. Stir through prepared glass noodles, squid, sesame seeds and Lee Kum Kee Oyster Stir-Fry Sauce, stir fry for up to a minute, until all elements are hot, remove from the heat.

5. Stir through coriander, mint, chilli (start with only half the chilli and add to taste) and shallots. Gently fold through and serve with drizzle sauce.









## PORK & EGGPLANT HONEY & SOY STIR FRY WITH LETTUCE WEDGES



#### **INGREDIENTS**

#### Marinade

500g Pork mince

100g Lee Kum Kee Honey & Soy Stir-Fry Sauce

2 tsp Lee Kum Kee Minced Garlic

#### Drizzle Sauce

2 tbsp Lee Kum Kee Honey & Soy Stir-Fry Sauce

1 tbsp Water

1 tbsp Rice vinegar

2 tbsp Vegetable oil

400g Eggplant, chopped into bite size chunks

2 tbsp Salt

40g Brown onion, finely chopped

200g Peas, defrosted

15g Garlic chives (or regular chives if not available),

finely chopped

2 Baby coz lettuce, quartered

1 - 2 tbsp Lee Kum Kee Pure Sesame Oil to taste







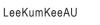
## PORK & EGGPLANT HONEY & SOY STIR FRY WITH LETTUCE WEDGES



- Combine marinade ingredients together in a bowl, cover and refrigerate for an hour, up to overnight. In a separate bowl, cover the eggplant in salt, toss it through to make sure all pieces are coated. Cover and set aside for half an hour. This will draw moisture out of the eggplant giving it a better texture for stir-frying. Once the eggplant is ready, drain and wash the salt away, pat dry and set aside.
- Mix drizzle sauce ingredients together and set aside.
- In a medium-high heat pan or wok, stir-fry eggplant and onion until just cooked. Remove from the pan and set aside. Over a high heat in the same pan or wok, stir fry pork marinade mix, stirring constantly until pork is cooked, fold through peas, eggplant mix and chives. Take off the heat and drizzle with Lee Kum Kee Pure Sesame Oil to taste.
- 4. Serve with crunchy fresh lettuce wedges, drizzled with drizzle sauce and plenty of rice.









### **HONEY & SOY PRAWN CHILLI STIR FRY**



#### **INGREDIENTS**

500g Green prawns, peeled & deveined

2 tbsp Oil

100g Baby capsicum, halved

2 tsp Lee Kum Kee Minced Garlic

10g Long red chilli, finely sliced

60g Green onion, finely sliced

120g Lee Kum Kee Honey & Soy Stir-Fry Sauce

160g Thick rice noodles (pho), prepared as per pack instructions

240g Zucchini, thinly sliced into ribbons using a vegetable peeler

100g Baby spinach

2 tbsp Lee Kum Kee Pure Sesame Oil

Salt & Pepper to taste

#### Drizzle Sauce

1 tbsp Lee Kum Kee Honey & Soy Stir-Fry Sauce

1 ½ tbsp Water

1 tbsp Lee Kum Kee Pure Sesame Oil







## HONEY & SOY PRAWN CHILLI STIR FRY



SERVES: 4 | PREPARATION: 20 MINS | COOKING: 20 MINS

- 1. Add all drizzle sauce ingredients into a jar, mix well and set aside.
- 2. Add oil to a hot pan or wok and stir fry baby capsicum until they start to char and soften, add Lee Kum Kee Minced Garlic, chilli and green onion, stir fry until fragrant. Remove from pan and set aside.
- 3. Add prawns to the hot pan or wok and stir fry until just cooked. Add Lee Kum Kee Honey & Soy Stir-Fry Sauce, then add back in capsicum mix plus noodles, zucchini and spinach. Fold through until all stir fry ingredients are well combined and heated through. The zucchini and spinach will only just cook a little. That's ok, the softened zucchini ribbons will add texture to the finished dish.
- 4. Add Lee Kum Kee Pure Sesame Oil and season to taste with salt and pepper.
- 5. Serve with drizzle sauce as garnish.











# BURSTING WITH FLAVOUR

The Lee Kum Kee range of stir-fry sauces has become a pantry staple right across Australia. Use them to bring layers of flavour to every meal. Marinate, stir-fry, baste or even bake! Be inspired by our recipes online and on your social streams. Get involved, tell us what you're cooking with Lee Kum Kee Stir-Fry Sauces!

For more inspiring recipes, visit www.LKK.com







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