

Crab Stir Fry



Preparation Time: 30 minutes

INGREDIENTS:

1 pkg.	(8 oz.) Louis Kemp Crab Delights®
1½ tsp.	oil
1 pkg.	frozen stir fry vegetables or 4 cups fresh stir fry vegetables
1 tsp.	each fresh minced ginger & garlic
⅓ cup	purchased stir fry sauce
	toasted sesame seeds (optional)
4 cups	cooked rice

In a large skillet, heat oil over medium-high heat. Add vegetables, ginger and garlic. Cook, stirring often, until barely tender (cover with lid and add a little water for fresh veggies). Add sauce and Crab Delights and stir to combine. Serve over cooked rice and sprinkle liberally with toasted sesame seeds.

Options: Add 1 can drained, sliced water chestnuts or baby corn.

Printing Instructions:

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