

Chop suey mix

With Ardo's wok mixes, it's all about convenience with extra fast preparation. Try the chop suey mix: it's ideal if you want to prepare Asian dishes quickly in a wok. With bean sprouts, strips of carrot, sliced beans, sliced mushrooms, red pepper cubes and chunks of leek, it's the perfect base for a vegetable-rich dish like Asian wok bowls, soups, curries and more.

90% vegetables (mung bean sprouts, carrots, green beans, sweet pepper, leek) 10% mushrooms



Nutrition information (100g)

Energy 93kJ/22kcal

Fat 0.1g

Fat of which saturates 0.1g

Carbohydrate 2.4g

Carbohydrate of which sugars 1.6g

Fibre 2.3g

Protein 1.6g

Salt 0.05g

Preparation



Cook the frozen product in a steamer. Be careful to not overcook. Season to taste.



Heat 1-2 tablespoons of vegetable oil in a frying pan. Put the desired quantity of frozen product in the frying pan and cook over medium heat, stirring frequently.



Put the desired quantity of frozen product in a non-metallic microwaveable bowl, cover and cook, stirring occasionally.

Logistical information (euro pallet)



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2,5kg

Item code: 10003661

Number and weight: 4x2,5kg

Layer/cartons: 7x9

GTIN CU: 5411361191385

GTIN SU: 05411361191392

Packaging: polybag

Languages:

CZ,SK,PL,HU,HR,SK,RO,BG,UA,EE;LV,LT,NL,FR,DE,UK,ES,PT,IT,DK,SE,NO,FI,GR