

Stir-Fried Bird Nest Fern Recipe

(Taiwanese Recipe)

Ingredients: Serves 4

300g bird's nest fern

3 tablespoons Sebastian Plum Cordia seeds

4 cloves garlic

Seasonings:

1 tablespoon cooking wine

½ teaspoon salt

½ teaspoon sugar

3 tablespoons water

Method:

Rinse bird's nest fern well and cut into halves. Crush garlic and mince. Heat 2 tablespoons cooking oil to stir-fry minced garlic until fragrant. Add bird's nest fern and seeds, then season with all the seasonings to taste. Mix well and remove from heat. Deeper colored Bird's nest fern is tougher. Select light green bird's nest fern when purchasing. If a different flavor is desired, a little dried anchovies can be added when stir-frying.

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