



SALAD DRESSING INSPIRATIONS



Feel-Good Claims:

- This refreshing summer salad contains four types of vegetables that can surprise you with an oriental twist to the classic dressing





Noodles

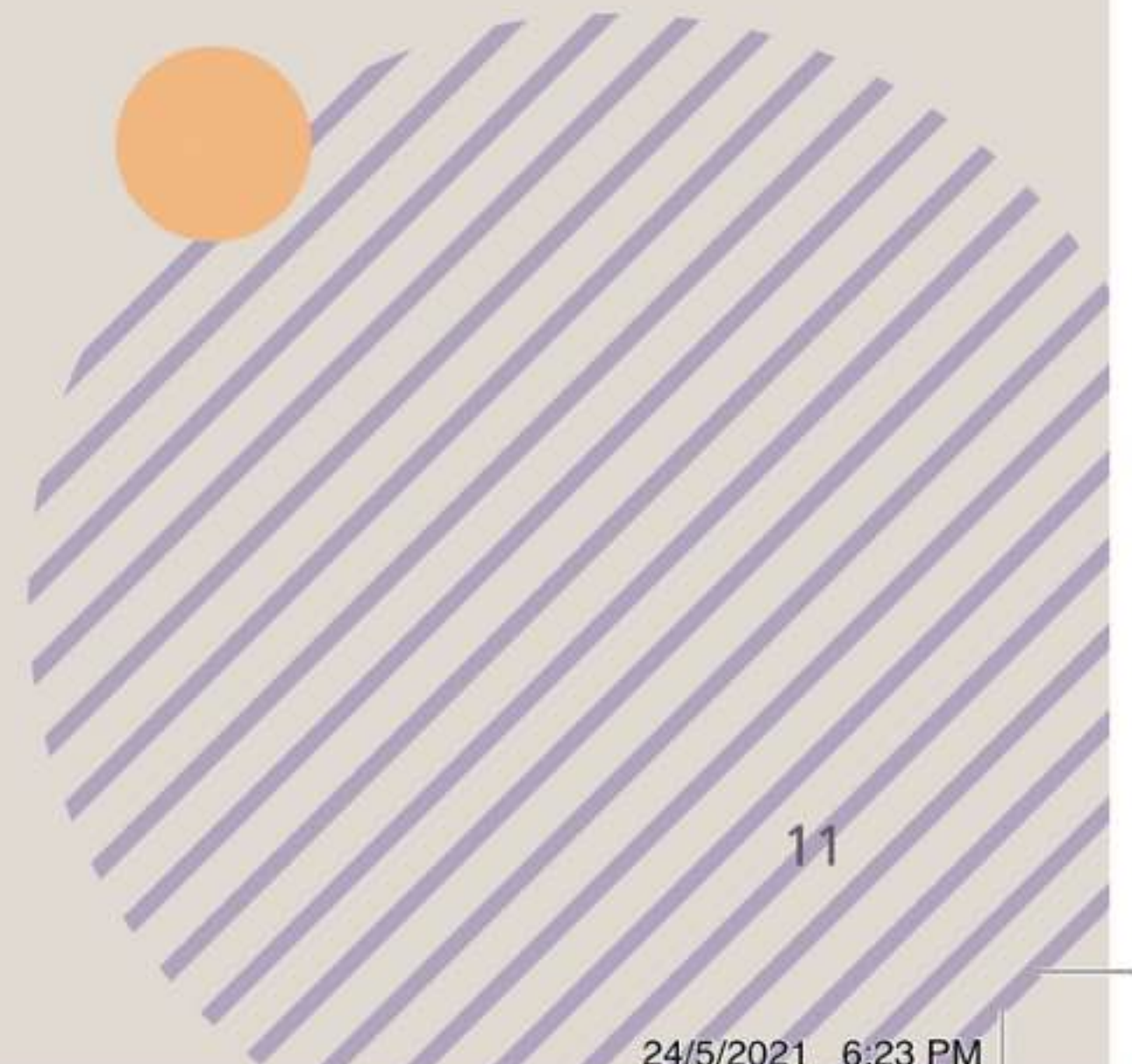
Noodles also have a special role in Chinese culinary culture that symbolise good health, happy returns and many long years to come.

There are many kinds of noodles: wheat, egg, flat noodles (hor fun) and rice vermicelli. Glass noodles are made from mung beans, potato and tapioca starch. They can serve as an alternative to your starchy base with a translucent texture - they're just as happy stir-fried as dropped into soup.

Did you know...

- In the past, nearly every Hong Kong noodle store would have their own Chiu Chow Chilli Oil on the table for customers to enjoy with a bowl of noodle soup.
- Vinegar is another popular condiment often served with noodles, exciting people's palates with its hint of sourness.

TASTES GOOD, FEELS GOOD



• Chiu Chow Chilli Dressing •

1 Tbsp Lee Kum Kee
Premium Oyster Sauce



1 tsp of Lee Kum Kee
Chiu Chow Chilli Oil

• Lemon Grass & Oyster Sauce (Best for Chicken Salad) •

4 Tbsp Lee Kum Kee Premium Oyster Sauce

2 Tbsp water

2 Tbsp vegetable oil

1 Tbsp onion

1 Tbsp lemongrass

1 Tbsp shallot

½ Tbsp lime juice

½ Tbsp lime leaves



• Spicy Vinegary Salad Dressing •

2 Tbsp Lee Kum Kee
Seasoned Rice Vinegar



1 tsp Lee Kum Kee
Chiu Chow Chilli Oil
(without chilli flakes)



• Sachet of Tomato Garlic Stir-fry Pickle Dressing •

• 1 sachet of Tomato Garlic Stir-fry Sauce

• 2 Tbsp water

• 2 Tbsp lemon juice

• 2 Tbsp pickled gherkin & onions

• 1 Tbsp vegetable oil

• ½ Tbsp shallots

• ¼ Tbsp ginger

• ¼ Tbsp red chilli



Ingredients

- 250g closed cup mushrooms, sliced
- 50g mangetout
- 1 small onion, sliced
- 1 Tbsp cooking oil
- 1 tsp toasted sesame seeds (optional)
- Thumb size ginger, grated

Sauce Mix

2 Tbsp water

2 Tbsp Lee Kum Kee
Premium Oyster Sauce



½ tsp Lee Kum Kee
Chiu Chow Chilli Oil
(Optional)

Method

1. Heat up the wok to medium high heat then add in oil, ginger and onion to stir fry for a minute then add in mushrooms to cook for 3 minutes.
2. Add in sauce mix and the mangetout to cook for 5 minutes then serve with a sprinkle of toasted sesame seeds.

Tip:

- You can add 100-150g baby sweet corn and stir fry it together in the dish for a variety of vegetables





Tofu

Tofu (豆腐) is (soy)bean-curd. It's formed by breaking down soy milk and pressing the curd solids into tablets of different firmness. It's low in saturated fat (a fat usually found in processed food), provides all the essential amino acids for growing and repairing body cells and is a good source of protein in vegetarian and vegan dishes.



Did you know...

- Tofu is a great alternative to red meats like pork, lamb and beef
- It's ultra-versatile and can be used in different cooking methods
- Stir-frying tofu with Chilli Bean sauce and minced pork marinated in Oyster Sauce creates classic Ma Po Tofu.

Rice

Rice has been cultivated in China for millennia and is engrained into everyday life. Rich in minerals and micronutrients (like B and E vitamins), it's a starchy and carbohydrate-rich food that provides a quick and easy-to-digest energy boost. To cook the rice, wash it well, and then measure out the water (1 cup rice : 1.25 cup water) and bring to the boil in a saucepan covered with a lid. Once boiling, turn to low heat and simmer for 15 minutes, then turn off the heat and steam for a further 10-15 minutes.



Did you know...

- Mixing grains such as brown and wild rice, quinoa or millet, boosts dietary fibre content that can keep our gut healthy.
- There are several different ways of cooking rice: fried, steamed or in a clay pot with Sweet Soy Sauce on top.



Ingredients

- 500g beef short rib / brisket
- 200g wild rice, washed
- 200g broccoli, florets
- 4 carrots, chunks
- 4 cloves
- 2 spring onions, chopped
- 2 bay leaves
- 1 long red chilli, sliced
- 1 star anise
- 1 cinnamon stick
- 1 Tbsp vegetable oil
- 1 Tbsp corn starch
- ½ piece of ginger, sliced
- Handful of coriander, torn
- Pinch of sea salt

Sauce Mix

3 Tbsp Lee Kum Kee Black Bean Garlic Sauce



1 ladle of poaching liquid

½ tsp brown / palm sugar

Method

1. Place the star anise, cinnamon stick, cloves, bay leaves and pinch of sea salt in a saucepan on a medium heat for 30 seconds to a minute, then fill the saucepan with 1-2L of boiling water. Place the beef inside and turn down to a simmer for 2-3 hours. Add the carrots and broccoli for 3-4 minutes to blanch. Remove the vegetables and beef ribs and allow to cool for 5-10 minutes. Once cooled down, gently rub 1 Tbsp corn flour around the meat.
2. Prepare the sauce mix in a small bowl.
3. Place the rice in a saucepan and cover with cold water $\frac{2}{3}$ up the pan. Boil on a high heat and then turn the heat down low to a simmer. Cover with a lid and allow to simmer for 30-40 minutes. Once cooked, pour through a sieve and then back into the pan until ready to serve.
4. Place 1 Tbsp of vegetable oil in a wok on a high heat. Then add ginger, spring onion, carrots, broccoli and then the beef into the wok and stir-fry for 2 minutes. Pour sauce mix over the top and allow to boil for 2-3 minutes, stirring until the sauce starts to wrap around the meat. Garnish with coriander/ chilli and serve.

Tip:

- If you want nuttiness, add ½ tsp of Lee Kum Kee Pure Sesame Oil



So What's the Truth Behind 'Feel-Good Food'?

Do you think of Chinese food as being greasy, taking ages to make, and so naughty (but nice) that it should only be a Friday night treat?

Wrong! It's high time to quash some myths and let you in on a few home truths.

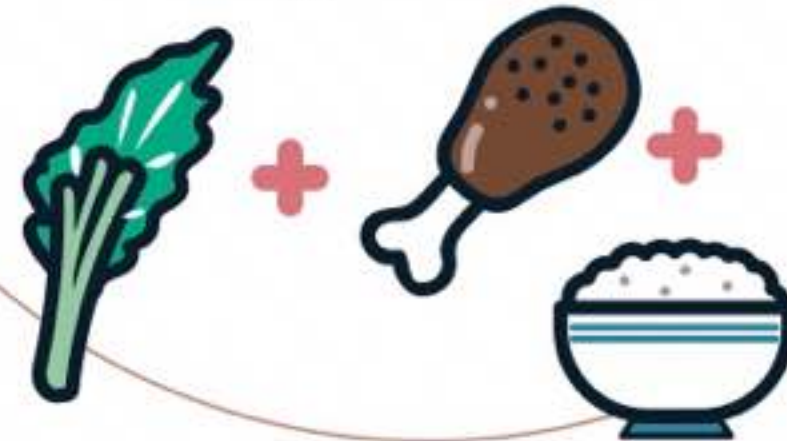
Add spirit with sauces

A well-matched sauce is the body and spirit of an authentic Chinese dish. It could be a BBQ-friendly marinade. A dash or a drizzle in a stir-fry. A salad dressing or spicy dip.



Find your balance

A handful of crisp, colourful vegetables. Protein-rich chicken or salmon. Carbohydrates like noodles or rice. A perfectly paired sauce that brings the whole dish to life – with punchy, but not overpowering flavour. A recipe for families in China that is full of feel-good nutrition.



Make time for tea

We often pop the kettle on during or after dinner because a pot of antioxidant-rich Chinese tea is said to have cleansing qualities that help with digestion.



Cook at lightning speed

Hassle-free is key. Weeknight dinners should go from wok to table in 30 minutes max. Save slow-cook recipes for lazy weekends.



Ingredients

- 200g cauliflower (for the rice), washed, chopped into 'rice size' pieces
- 200g Pearl Barley
- 100g pineapple, diced
- 2 eggs, beaten
- 2 clove garlic, sliced
- 1 red pepper, chopped
- 1 carrot, chopped
- 1 Tbsp vegetable oil
- Pinch of salt and pepper to taste

Garnish

- 1 spring onion, finely sliced into rings
- 10g coriander, torn

Sauce Mix



1 Tbsp Lee Kum Kee
Premium Oyster Sauce



1 tsp Lee Kum Kee
Chiu Chow Chilli Oil

2 tsp Lee Kum Kee Pure Sesame Oil
(Optional for nuttiness)

Method

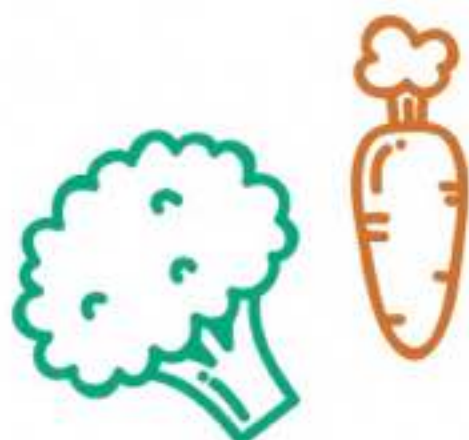
1. Rinse the pearl barley and place in a saucepan filled with water, boil for 25-30 minutes and drain through a sieve.
2. Prepare Sauce Mix.
3. Place $\frac{1}{2}$ Tbsp vegetable oil into a wok on a high heat. Pour the egg inside, break it up and add vegetables. Lastly add the pearl barley.
4. Stir fry for 2-3 minutes, pour Sauce Mix into the wok and stir fry for a further minute. Garnish with coriander and spring onion and serve.

Tips:

- If you want meat, add 100g of minced pork or turkey
- You can use Lee Kum Kee Mushroom Vegetarian Stir-fry sauce as a vegetarian alternative

'Feel-Good Food'? Wok This Way

Science shows that staying healthy begins with the food we eat. The key to keeping mind and body in perfect working order is by helping the trillions of **good bacteria** that live naturally in our gut to thrive.



Give your good bacteria plenty of dietary fibre and the stress chemicals in your brain won't build up as much to ensuring the signals that affect hunger and appetite work properly. Research also supports eating foods packed with probiotics (commonly living in fermented foods like yogurt and soy sauce). This takes us neatly to other culinary and dietary wonder of the world... **Umami.**

Lee Kum Kee says: "Eat well to live well"

Count on Umami

Xian wei 鮮味 is the Chinese word for umami – the fifth 'savory' flavour to accompany sweet, sour, salty and bitter. It naturally occurs in foods such as mushrooms, fish, meats and cheeses. Condiments and sauces used widely across Asia are also packed with it, including Lee Kum Kee's Premium Oyster Sauce and Soy Sauces. In fact, **Oyster Sauce and Soy Sauce have been Chinese household staples for millennia.**

The value of umami has long been acknowledged in culinary cultures globally, and it has recently been getting the scientific and health community excited too. That's because **umami increases satisfaction.** Enhancing the full feeling **you get after a meal makes it easier to consume fewer calories if that's part of your healthy eating goals.**

Xian Wei 鮮味





Lee Kum Kee says: "A meal shared is a meal savoured," which is why Chinese dishes are best suited to family feasts.

Plan your menu to feel good



Whether it's a week of family meals or just-for-two dinners, think about your seven-day menu. Balancing protein, carbohydrates and fresh vegetables will bring nutritional balance to the table. It will also help avoid falling into the same old eat-sleep-cook-repeat pattern.

Then, figure out how many people you're cooking for. As a rule of thumb, portion prep for a table of four should allow for two to four meat, fish and vegetable dishes. Then you just need rice, noodles or soup, for a classic Cantonese spin.

Map your flavours so they taste good



Think of your dining table like a map, dotted with lots of different dishes. On one side you could have crunchy vegetables with a delicate dipping sauce. On the other, big bowls of black bean chicken or beef in a richly flavoured oyster sauce. This will help you navigate the perfect 'tastes good, feels good' menu – turning everyday dinners into extra-special meals.

Your Recipe for 'Tastes Good, Feels Good' Success



Mushrooms



Shiitake, shimeiji and oyster are different kinds of mushroom used across Chinese cuisine. Packed with water, dietary fibre, selenium and B vitamins, they help to improve the immune system and keep blood sugar and lipid levels low. They also help to break down protein into amino acids for a richer umami flavour and a higher level of vitamin D. Mushrooms that contain antioxidants can support the body's defences.

Did you know...

- Adding mushrooms to sautéed, stir-fried, braised dishes adds texture and flavour.
- The thick consistency of oyster sauce goes well with mushrooms, and cuts through their naturally earthy taste.
- Mushrooms count as 1 of your 2-3 portions of vegetables per dish.



Whole Fish

Packed with protein and micronutrients, it's recommended we eat two portions a week. Fish is central to Chinese food, particularly for coastal communities. It provides long-chain omega-3 fatty acids that are important for heart health and can reduce blood cholesterol levels.

Did you know...

- Brushing salmon with sweet and tangy Teriyaki (which has a soy sauce base) brings an umami hit. Cook in the oven for a feel-good dish in no time.
- Steaming fish with spring onion and ginger can minimise fishy taste and keep its freshness. Simply add light soy sauce for umami and savoury flavours, and a dash of sesame oil for aromatic nuttiness. Black Bean Garlic Sauce is also delicious with steamed fish.
- Omega-3 isn't just found in fish but also plants, such as green leafy vegetables, rapeseed oils and walnuts.



CHAR SIU PRAWN, MANGO AND RICE LETTUCE CUPS

Serves 6



Feel-Good Claims:

- This mini dish with the bed of rice mix with mango and mangetout combines zesty and savoury flavours with hints of sweetness from the honey
- The crunchiness from the lettuce cups excites your taste buds along with its fresh texture
- Low saturated fat, source of fibre, and high in protein





Serves 4

PINEAPPLE AND CHILLI CAULIFLOWER FRIED RICE



Feel-Good Claims:

- An excellent combination of sweet and savoury flavours from cauliflower, fried rice and sauces that makes the dish light and different
- Can be replaced with other vegetables, nuts and grains
- Low in saturated fat with source of fibre and protein





Ingredients

- 4 shiitake mushrooms, sliced
 - 1 pak choi / Chinese leaf, sliced
 - 1 spring onion, sliced
 - ½ carrot, matchsticks
 - ½ courgette, matchsticks
 - 600g mung bean vermicelli, soaked
 - 400g bean sprouts, washed
 - 160g edamame beans, blanched in boiling water
 - 15g dried seaweed
 - 30g pickled ginger
 - Small bunch coriander
- FOR THE SOUP**
- 3 large dried shiitake mushrooms, soaked in hot water, sliced
 - 1 spring onion, cut in half
 - 1 red chilli, sliced
 - 1 litre chicken stock
 - 1 Sachet Lee Kum Kee Tomato Garlic Stir-fry Sauce
 - 25g ginger, sliced
 - 2 Tbsp Lee Kum Kee Premium Oyster Sauce



FOR THE EGG (Optional)

- 2 soft boiled eggs
- 10 Tbsp Lee Kum Kee Premium Light Soy Sauce
- 10 Tbsp Lee Kum Kee Premium Dark Soy Sauce
- 3 Tbsp water
- 1 Tbsp Lee Kum Kee Seasoned Rice Vinegar



Method

Place room temperature eggs into boiling water for 5 ½ minutes. Remove and cool in cold water. Peel eggs and soak in mixture for 30 minutes.

Method

1. Sear spring onions and ginger in a saucepan for 30 seconds on a medium heat. Add chillies, stir along with Tomato Garlic Stir Fry Sauce, Premium Oyster Sauce and shiitake mushrooms.
2. Pour chicken stock into pan and boil, then simmer for 30 minutes.
3. Place noodles into soup and boil for 2 minutes. Serve in a bowl. Arrange the vegetables, bean sprouts, mushrooms, edamame beans and coriander over noodles. Pour soup over and top with a halved soy egg (optional), seaweed & pickled ginger.

Tip:

- If you want a spicy kick, add 1 Tbsp of Lee Kum Kee Chiu Chow Chilli Oil





GRILLED STUFFED SQUID WITH HERBED POLENTA

Serves 4



Feel-Good Claims:

- Low in saturated fat and high in protein
- Polenta is free from gluten and adds colour and texture to the dish
- Squid is perfectly paired with our unique vinegary and honey sweet dressing combo
- Suitable for all meal occasions



Ingredients

- 1 butternut squash, skin on
- 150g quinoa, washed
- Handful of coriander leaves, chopped
- A pinch of salt

Marinade

- 4 cloves garlic, chopped
- 4 Tbsp water
- 2 tsp tomato paste
- 1 thumb sized ginger, chopped
- ½ tsp English mustard

4 Tbsp Lee Kum Kee Char Siu Sauce



½ Tbsp Lee Kum Kee Premium Dark Soy Sauce
(Optional for lustre)

Method

1. Slice butternut squash into quarters and score the flesh inside diagonally.
2. Marinade squash pieces and massage marinade around them. Place squash skin side down and cover with foil.
3. Preheat oven to 180°C. Place squash into oven for 35-45 minutes.
4. Switch grill to 230°C and remove the foil. Grill for 5-6 minutes.
5. Boil quinoa in a saucepan with boiling water and a pinch of sea salt for 10-12 minutes. Mix with coriander leaves. Serve on the side.

Tip:

- You can add grilled chicken for a source of protein



Serves 4

BUTTERNUT SQUASH CHAR SIU



Feel-Good Claims:

- Butternut squash contains vitamin C and offers plenty of beta-carotene that converts to vitamin A. It is delicious paired with a Char Siu Sauce that offers a honey and savoury flavour
- Quinoa is a higher protein base
- Delicious and hassle-free recipe





Serves 8

CHAR SIU TACOS



Feel-Good Claims:

- This make-your-own taco works perfectly either as a starter or a snack
- The fillings can be replaced with other meats or firm tofu, as well as other vegetables
- Char Siu Sauce provides unique a honey-sweet and savoury flavour, along with a reddish lustre. It also goes particularly well with pork as a Cantonese style BBQ pork



Ingredients

- 2 x 200g salmon fillet, skin on
- 300g choy sum, washed
- 80g black and white sesame seeds, spread out on tray
- 25g ginger, chopped
- 1 clove garlic, chopped
- 1 lemongrass, chopped
- 1 lime leaves, chopped
- 1 cup corn starch, on a tray
- ½ cup milk
- 1 Tbsp vegetable oil

Garnish

- 1 spring onion, sliced
- 1 long red chilli, sliced
- Handful of coriander, torn

Sauce Mix



1 sachet Lee Kum Kee
Tomato Garlic Stir-fry Sauce



1 tsp Lee Kum Kee
Chiu Chow Chilli Oil

- 1 Tbsp tamarind paste or 1 tsp white vinegar
- 1 ladle fresh chicken stock
- Juice of ½ lime
- ½ Tbsp honey

Method

1. Place the salmon skin side down in the corn starch tray and press down. Place skin side down again into milk, then the sesame seed tray.
2. Place 1-2 Tbsp vegetable oil in frying pan to a medium heat. Place fish skin side down. Press fish with a spatula for 30 seconds. Turn to medium heat and cook until fish is half cooked.
3. Turn fish. Place ginger, garlic, lemongrass and lime leaves in the frying pan and cook for 30 seconds. Turn to high heat and pour Sauce Mix in the pan around the side of the fish. Boil for 2 minutes.
4. Boil choy sum for 2 minutes. Place onto serving plate as a 'bed'.
5. Serve fish on top of the choy sum and pour the sauce around the sides. Top with coriander, spring onion and chilli.

Tip:

- You can replace the salmon with trout.



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Ingredients

- 4 squid (700g), cleaned, whole bodies
- 10 spears of asparagus, chopped
- 1 carrot, chopped
- 1 red pepper, chopped
- 100g polenta
- 50g coriander, chopped
- 50g dill, chopped
- 1 Tbsp Lee Kum Kee Char Siu Sauce
- 1 Tbsp sesame seeds (optional)

Dressing

- 1 Tbsp Lee Kum Kee Seasoned Rice Vinegar
- 1 tsp honey

Marinade

2 Tbsp Lee Kum Kee Premium Oyster Sauce



Method

1. Cook polenta and season with the marinade. Add vegetables and herbs.
2. Make a small hole in the pointed end of each squid body and stuff with polenta. Skewer the bottom of each squid.
3. Lay squid on a tray and brush with Char Siu sauce & 1 Tbsp vegetable oil.
4. Heat a pan to a high heat. Place squid onto the pan and sear on each side. Turning once. Remove and slice to serve with dressing on the squid.

Tip:

- For nutiness, you can add 1 tsp of Lee Kum Kee Pure Sesame Oil

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Ever wondered what happened to the man who invented the world's first oyster sauce back in 1888? Today, he lends his name to delicious concoctions that you're just as likely to find in Michelin-starred kitchens as in family kitchen cupboards.

LEE

might be a pretty common last name in China, but to us it's special. That's because it's the family name of our founder – Mr Lee Kum Sheung.

KUM

means 'prosperity' in Chinese, something we all believe in and naturally strive for every day.

KEE

is a whole other story...

In the old days back in Guangdong, people combined their family name with "Kee" as their business name; but also as "remember" to commemorate their history.

We're always finding new ways to turn much-loved classics into healthy new dishes that don't just taste good, they make you feel good too.



• 14-DAY • MENU PLANNER



• Day •

• Dish Name •

01

Pineapple and Chilli Cauliflower Fried Rice

02

Rainbow Chow Mein

03

Black Bean Beef with Tenderstem Broccoli

04

Pan-fried Prawns with Sweet and Sour Glaze

05

Thai-Style Salmon with Sesame Crust

06

Butternut Squash Char Siu

07

Hot and Spicy Soup with Glass Noodles

08

Grilled Stuffed Squid with Herbed Polenta

09

Char Siu Prawn, Mango and Rice Lettuce Cups

10

Aubergine, Potato and Peppers Braised in Oyster Sauce

11

Grilled Vegetable Vermicelli Noodles

12

Char Siu Tacos

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Mushroom Stir-fry in Spicy Oyster Sauce

14

Salad Dressing Inspirations





'Feel-Good' Meals Made Simple

Lee Kum Kee says: "We eat what we like, and we like what we eat"



Flavoursome

Aim for plenty of delicious colour and variety in your diet with Lee Kum Kee sauces

Guilt-Free Foods

Eating healthily is also about pleasure, not only counting calories or the nutritional value of every meal

Balanced Ingredients

The essence of balancing your diet with vegetables, protein and carbs

Feel-Good Meals

Simple Swaps

Whole wheat or buckwheat noodles, and brown and wild rice are **high in fibre** - include it as part of your summer salad for a full satisfactory feeling.

Add some **Chiu Chow Chilli Oil** to excite your palate by a spicy kick or **Seasoned Rice Vinegar** to complement your salad with a sweet, tangy and slightly smoky flavour.

Plant Power

Eat your greens, love legumes and dig into root vegetables. They are **full of micronutrients and dietary fibre**. Serve **2-3 80g portions** of 'rainbow' vegetables per meal every day, to keep you **stay hydrated all day** and for a vibrant variety of plant-based foods. **Stir-fry with Premium Oyster Sauce** to strengthen the original taste of vegetable from its umami or add a dash of Pure Sesame Oil for its aromatic nutty flavour.



Pick and Mix Protein

Seafood like oily fish, shellfish, crab and mussels are particularly good for heart health. Lean cut meat. **Eggs, tofu, beans and pulses** are also great protein sources.

Cook seafood with **Black Bean Garlic Sauce** to experience a classic Chinese seafood dish, **Char Siu Sauce** that is particularly good for meat in stir-fry or BBQ or **Tomato Garlic Stir-fry Sauce** for a hint of sweetness and spice that goes well in different dishes for a pleasant meal.



Serves 4

THAI-STYLE SALMON WITH SESAME CRUST



Feel-Good Claims:

- The long-chain omega-3 fats from salmon are good for heart health
- A complex but balanced taste of sweet, savoury, sour, along with hints of spices from ginger and an aromatic spicy kick from Chiu Chou Chilli Oil, that excites your palate from those everyday dishes



Ingredients

- 1 aubergine, thinly sliced into rounds
- 1 bag mixed peppers (red, yellow and green), deseeded and sliced
- 400g rice vermicelli noodles, cooked
- 250g fresh shitake mushrooms (with the larger ones torn)
- 40g cashew nuts, toasted and roughly chopped
- 1 Tbsp Lee Kum Kee Premium Dark Soy Sauce (Optional for lustre)
- 1 Tbsp vegetable oil
- Handful of coriander

Sauce Mix

2 Tbsp Lee Kum Kee Premium Oyster Sauce



1 Tbsp Lee Kum Kee Pure Sesame Oil (Optional for nuttiness)

1 tsp Lee Kum Kee Premium Light Soy Sauce (optional)

Method

1. Prepare the vermicelli noodles according to the pack instructions. Stir through the soy sauce and set aside.
2. Combine the sauce ingredients in a small bowl.
3. Heat the BBQ until hot or place a large griddle pan on high heat. Drizzle the vegetables with the oil and brush with the sauce mix. Cook the vegetables for around 10 minutes, turning regularly until softened and slightly charred. If using a griddle pan you may have to do this in batches.
4. Combine the grilled vegetables with the vermicelli noodles, mixing well to combine completely. Top with the cashew nuts and coriander. Drizzle with Lee Kum Kee Chiu Chow Chilli Oil and serve with lime wedges, if desired.

Tips:

- You can use Seasoned Rice Vinegar as an alternative for a perfect blend of sweet, tangy and slightly smoky flavours
- You can add some limes if you want a fresh and summery taste



35

Ingredients

- 4 cloves of garlic, peeled & minced
- 3 spring onions, whites cut into 2-inch pieces, and greens sliced finely
- 2 peppers (1 green and 1 red pepper), deseeded and cut into large rough squares
- 1 large potato, peeled and cut into medium chunks
- 1 aubergine, cut into medium chunks
- 5cm piece of ginger, peeled & minced
- 100ml cooking oil + 1 Tbsp vegetable oil
- 1 Tbsp Shaoxing rice wine
- Lee Kum Kee Chiu Chow Chilli Oil to serve (optional)
- Steamed rice



Sauce Mix

3 Tbsp Lee Kum Kee Premium Oyster Sauce



200ml water

1 tsp Lee Kum Kee Premium Dark Soy Sauce (Optional for lustre)

½ tsp sugar

Method

1. Heat 100ml cooking oil in a wok until shimmering but not smoking. Add the potato pieces and fry on a medium high heat until browned on each side (about 4 minutes). Remove to a plate with a piece of kitchen roll.
2. Repeat with the aubergine, frying until brown (about 3 minutes) and remove to a plate. At this point the aubergine may have soaked up all the oil, in which case add some more into the wok.
3. Add the ginger, garlic and spring onion whites and stir fry until fragrant, then add the peppers.
4. Add the Shaoxing rice wine and keep stir frying for a minute, then add the potatoes and sauce mix. Cook for 5 minutes with the lid on, on a medium heat.
5. Add the aubergines and stir again, cooking for a further 6 minutes on a lower heat with the lid on, stirring occasionally. If it is looking dry, add 25ml of water each time. The sauce should be glossy and thick, not watery.
6. When the potatoes are tender, remove from the heat and garnish with the spring onion greens and coriander. Serve with Lee Kum Kee Chiu Chow Chilli Oil (optional) and steamed rice.

Tip:

- You can use Mushroom Vegetarian Stir-fry sauce as a vegetarian alternative

Garnish

A small handful of coriander, roughly chopped

Ingredients

- 2 little gem lettuce
- 1 large mango, peeled and diced
- 250g peeled king prawns
- 200g sugar snap peas, sliced lengthways
- 125g cooked brown rice
- 4 Tbsp roasted peanuts, roughly chopped
- 3 Tbsp Lee Kum Kee Char Siu Sauce
- Lee Kum Kee Chiu Chow Chilli Oil to drizzle (optional)



Seasoning

1 ½ Tbsp Lee Kum Kee Premium Oyster Sauce



½ Tbsp Lee Kum Kee Pure Sesame Oil
(Optional for nuttiness)

Method

1. Heat a griddle pan (or BBQ) over a high heat. Combine the prawns with the Char Siu Sauce and place onto the griddle pan. Cook for around 2 minutes per side, until pink and slightly charred. Set aside.
2. Mix the rice and sugar snap peas with the mango, Oyster Sauce and Sesame Oil. Separate the leaves of the gem lettuce and spoon a little rice mixture into each one. Top with the prawns. Sprinkle over the crushed peanuts and a little Chiu Chow Chilli Oil if desired.

Ingredients

- 400g raw prawns, butterflied
- 200g pak choi, quarters
- 100g pineapple, chopped
- 2 cloves garlic, sliced
- 1 pepper, squares
- ½ red onion, sliced
- ½ tsp vegetable oil

Sauce Mix

1 Tbsp honey

1 sachet Lee Kum Kee
Tomato Garlic Stir-fry Sauce



2 Tbsp Lee Kum Kee
Seasoned Rice Vinegar

Method

1. Rub vegetable oil over prawns.
2. Heat pan to a high heat, then add the prawns and press them till they char. Add peppers, pineapple, garlic and red onion to the prawns and cook for a further 2-3 minutes.
3. Pour Sauce Mix over the prawns. Allow to sizzle for 30 seconds before serving.
4. Steam pak choi for 2 minutes and serve the prawns on top.

Tip:

- For deeper colour, you can add ½ tsp of Lee Kum Kee Premium Dark Soy Sauce



Seasoned Rice Vinegar

It is made from authentic Zhenjiang vinegar to create a perfect blend of sweet, tangy and slightly smoky flavours. Perfect for dressing your salads, pork chops, or meat skewers.



Tomato Garlic Stir-fry Sauce

It has the sweetness of tomatoes and honey, with fresh chillies and garlic bringing just a hint of spice. Just add a few simple ingredients of your choice, and you'll be feasting on authentic Chinese cuisine in no more than 20 minutes.



Buy our sauces

Find our products at [Tesco](#), [ASDA](#), [Sainsbury's](#), [Ocado](#), [Waitrose](#), [Co-op](#), [Morrisons](#) and Chinese and Oriental supermarkets.





Knowing the Sauces

Premium Oyster Sauce

Life is too short not to marinade! Marinating is an essential step in Chinese cooking. A good soak in a flavour-filled marinade can transform virtually any meat or seafood dish. It's that extra step that can transform your Chinese cooking from the ordinary to the sublime, making meat more tender and succulent and amplifying the flavours of your dish.

Magic in a bottle

One of the most popular and easy marinades in Chinese cooking is Oyster Sauce. Made from oyster extracts, this essential store-cupboard ingredient delivers a deep, umami savouriness with a sweet, fragrant and subtle hint of seafood. It also gives your meat an attractive golden brown colour.

Magic Marinade

Whether you're stir-frying, roasting, steaming, barbecuing or deep-frying, Oyster Sauce can really lift your dish. Use 2 Tbsp of Lee Kum Kee Premium Oyster Sauce for 200g-300g of chicken, beef, pork or seafood. Mix well in a bowl or use your hands to massage the sauce into the meat for a deeper effect. Leave for 10 to 20 minutes before cooking – or overnight in the fridge for best results.

As an alternative for vegetarian and vegans, **Mushroom Vegetarian Stir-fry Sauce** is the choice. Although it's made from shiitake mushroom, it's flavour isn't too strong. It works well with wide range of Chinese dishes and can be used as a dipping sauce.





GRILLED VEGETABLE VERMICELLI NOODLES

Serves 4



Feel-Good Claims:

- Shiitake mushrooms are full of B vitamins and dietary fibre as well as umami, the feel-good flavour
- The Dark Soy Sauce gives a nice lustre to noodles with four types of vegetables cooked in
- Low in saturated fat, high in fibre, and source of protein





MUSHROOM STIR-FRY IN SPICY OYSTER SAUCE

Serves 2



Feel-Good Claims:

- The dish is packed with flavours and crunch to go with rice or other starchy bases
- Our signature Chiu Chow Chilli Oil offers an additional kick to your meal experience and a satisfying flavour
- Low in saturated fat, source of fibre, source of protein



Give it 'Feel-Good' Six

Eating well isn't about 'good food' and 'guilty pleasures'.

Healthy foods don't have to be bland and boring.

It's all about balance – and clocking up healthy habits.

Chinese Greens

In Chinese cooking culture, green vegetables are essential – providing vitamin C, folate and potassium but low in calories. They're packed with water, helping you feel fuller. For example: Chinese leaf, pak choi and choi sum.



Did you know...

- Steaming or stir-frying greens leads to maximum crunch and nutritional value.
- Adding ginger and/or garlic to hot oil before stir-frying boosts flavour. A dash of Lee Kum Kee Premium Oyster Sauce also provides umami and reduces the need for salt.
- We should aim for 2-3 portions of vegetables per dish, and enjoy a range of plant-based ingredients in our diets.

By nutritionist @GEORGINECHIKCHI

Having nearly 20 years of working experience in nutrition education, Georgine has a pragmatic approach to food, and considers taste and variety as the foundation of healthy eating. A keen home cook, she enjoys sharing food with family and friends.



BLACK BEAN BEEF WITH TENDERSTEM BROCCOLI

Serves 4



Feel-Good Claims:

- Has a balanced combo of nutrients.
- Wild rice is relatively high in protein, and provides the B vitamins and minerals iron and potassium.
- The wild rice offers an interesting mouthfeel and colour to the dish, along with crunchy vegetables and flavoursome beef – a complete meal that takes care of our daily needs





Serves 4

RAINBOW CHOW MEIN



Feel-Good Claims:

- A simple yet delicious dish uses six colours of vegetables that enliven our meal time
- Bursting with umami flavours from our Oyster Sauce





Char Siu Sauce

It is the secret to the authentic Chinese barbecued pork, also known as "Char Siu". It is a great honey-sweet marinade for many kinds of meats and ribs, and is perfect for barbecue, roast, and oven-baked dishes.



Chiu Chow Chilli Oil

It is a hot and spicy savoury aromatic chilli oil made from a perfectly balanced blend of finest chillies, garlic and spices prepared following an authentic recipe from Chiu Chow, China, offering multiple layers of flavours.



Black Bean Garlic Sauce

It gets its flavour from fermented black beans. We expertly blend our black beans with minced garlic to create this classic paste for a truly authentic Chinese flavour profile, allowing you to cook many restaurant-quality black bean-based recipes at home.



Ingredients

- 8 taco shells
- 1 red onion, thinly sliced
- 1 garlic clove, crushed
- 1 lime, grated zest and juice
- ½ cucumber, cut into thin strips
- 400g pork belly, thinly sliced
- 125g bean sprouts, washed and drained
- 4 Tbsp reduced-fat mayonnaise
- 4 Tbsp Lee Kum Kee Char Siu Sauce
- 4 Tbsp unsalted roasted peanuts, crushed
- 1 Tbsp vegetable oil
- Small handful of parsley, roughly chopped



Method

1. Preheat the oven to 130°C / 120°C fan.
2. Combine the mayonnaise with the lime zest and juice. Put this into a pipping bag, if desired.
3. Bake the taco shells according to packet instructions.
4. Heat the oil in a wok and fry the onions for 3-4 minutes until softened, remove from the wok. Add the pork belly, stir fry over medium high heat for approximately 10 minutes or until it is cooked. Add the garlic to cook for another minute.
5. Add the Char Siu Sauce, stir well for 1 minute. remove the wok from the heat. Build your taco: first with the cucumber, then the bean sprouts and lastly the pork.
6. Pipe or drizzle the mayonnaise on the tacos and garnish with the parsley and peanuts.

Tip:

- Other than pork belly, try using sliced chicken thigh in the dish which also goes well with the Char Siu Sauce



The LEE KUM KEE



Wok To Wellness



Guide for Nourishing
Mind & Body



Ingredients

- 300g pork loin / pork fillet, matchsticks
- 200g spinach egg noodles / whole wheat soba noodles, soaked in hot water
- 200g red cabbage, shredded
- 200g bean sprouts
- 100g watercress
- 2 carrot, matchsticks
- 2 spring onions, sliced
- 1 yellow pepper, matchsticks
- 1 green pepper, matchsticks
- 1 Tbsp vegetable oil
- 2 tsp Lee Kum Kee Premium Oyster Sauce
- Pinch of salt and pepper to taste

Sauce Mix

- 100ml chicken stock
- 1 Tbsp Lee Kum Kee Premium Dark Soy Sauce (Optional for lustre)
- 2 Tbsp Lee Kum Kee Premium Oyster Sauce



Method

1. Marinate the pork with Oyster Sauce for 30 minutes.
2. Turn wok onto high heat and add $\frac{1}{2}$ Tbsp vegetable oil. Add marinated pork and sear until cooked, then remove. Add another $\frac{1}{2}$ Tbsp vegetable oil into wok. Stir-fry vegetables, then add pork, followed by noodles and Sauce Mix. Stir for 1-2 minutes and serve on a plate.
3. Place watercress over noodles and flash fry beansprouts for 30 seconds with some salt, pepper and a dash of Sesame Oil (optional). Pour beansprouts over the noodles and garnish with spring onions.

Tip:

- You can add chicken strips for a source of protein



HOT AND SPICY SOUP WITH GLASS NOODLES

Serves 4



Feel-Good Claims:

- Glass noodles offer an alternative to other starchy bases with a translucent texture that goes well in soup
- Umami-ful recipe from shiitake mushrooms and Oyster Sauce





Serves 6 AUBERGINE, POTATO AND PEPPERS BRAISED IN OYSTER SAUCE



Feel-Good Claims:

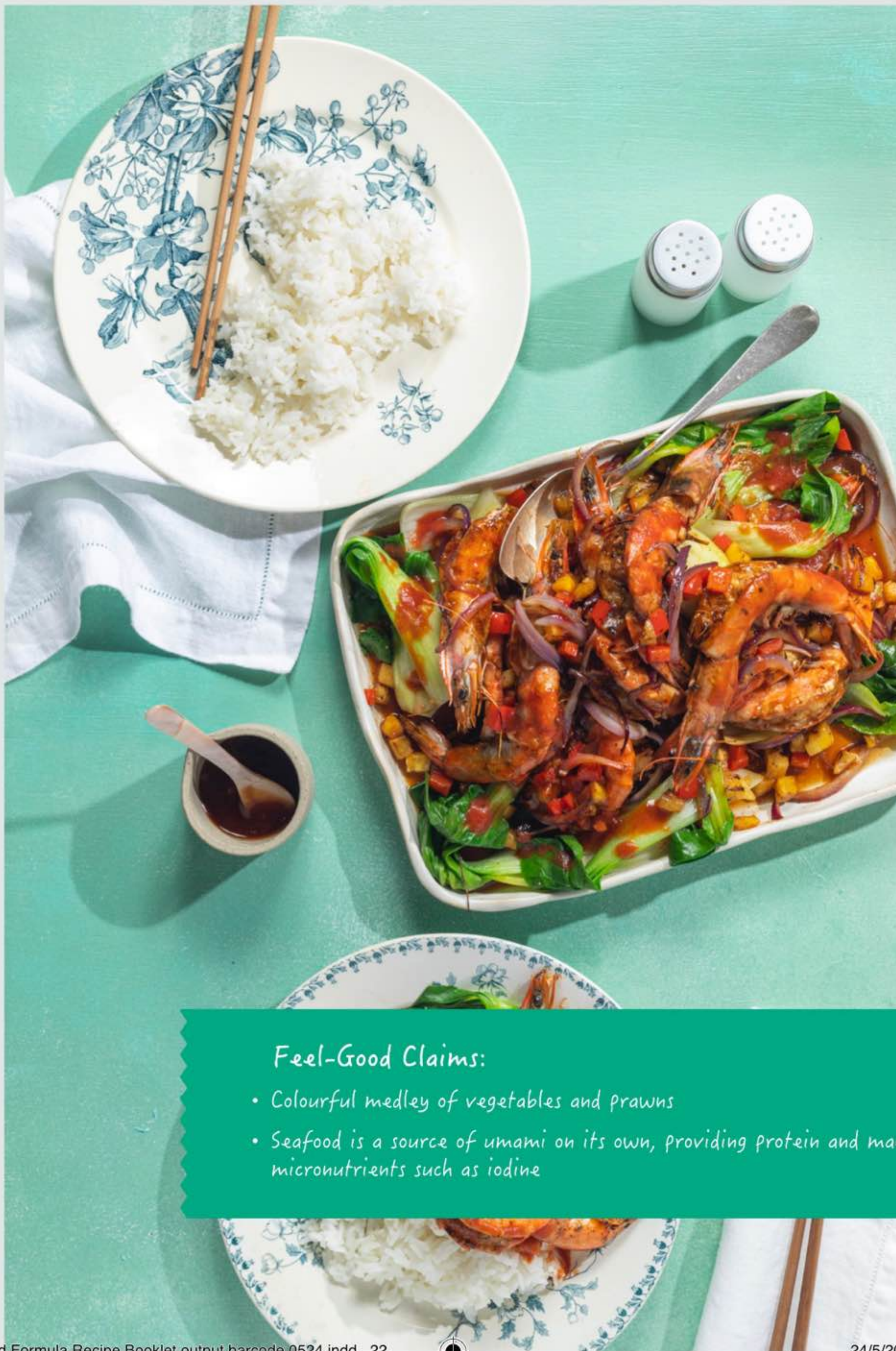
- This dish is easily adapted to add rainbow colours of vegetables
- Add meats such as beef and chicken (best marinated with Lee Kum Kee Premium Oyster Sauce) for a source of protein
- Replace with firm tofu and chickpeas as a vegan alternative
- The umami in Oyster Sauce balances the earthy tastes of the potatoes and aubergines, and helps deliver the natural sweet flavours of the peppers





PAN-FRIED PRAWNS WITH SWEET AND SOUR GLAZE

Serves 4



Feel-Good Claims:

- Colourful medley of vegetables and prawns
- Seafood is a source of umami on its own, providing protein and many micronutrients such as iodine

