



## Spicy Squid Rings Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>15</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

#### SAUCE

- 1 sachet DEL MONTE Quick n Easy BBQ Marinade (80ml)
- 1/2 cup DEL MONTE Sweet Chili Sauce (325g)
- 2 tsp sesame oil
  
- 1 Tbsp oil
- 1/2 cup onion red, quartered
- 1/2 cup bell pepper red, sliced into diamonds
- 1/2 cup carrot, sliced diagonally
- 1/4 cup green onions, sliced into 2-inch long strips
  
- 1 Tbsp oil
- 1 kg squid rings, frozen

### Preparation:

1. In a bowl, mix DEL MONTE Quick n Easy Barbecue Marinade, DEL MONTE Sweet Chili Sauce, and sesame oil. Set aside.
2. In a wok, sauté onion, bell pepper, carrot, and green onion then set aside.
3. In the same wok, add oil and sauté the squid rings.
4. Add cooked vegetables, sauce, and simmer until thick.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Slicing
- Mixing

### Cooking Tools

- Chopping Board
- Wok
- Mixing Bowl
- Rubber Spatula