

# Squid Stir Fry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/squid-recipe-chinese-with-vegetables>

## Ingredients:

- 1 teaspoon cornstarch [??]
- 1 tablespoon Chinese cooking wine [??]
- 1 tablespoon soy sauce [??]
- 2 tablespoons oyster sauce [??]
- 1 tablespoon water
- 1 teaspoon sugar [??]
- 1 teaspoon black pepper [??]
- 1 teaspoon dark soy sauce for the color [??]
- 12 ounces squid [??]
- 3 slices ginger for blanching the squid [??]
- 2 tablespoons oil to stir-fry [?]
- ginger Some, strips [??]
- 3 cloves minced garlic [??]
- spring onion Some white part of, [??]
- 1/2 red bell pepper [??]
- 1/2 green bell pepper [??]

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 200 milligrams
4. Fat: 8 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 590 milligrams
9. Sugar: 2 grams

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