

## Szechuan Stir-fry Blend

Gourmet Morsels Szechuan Stir-fry blend is an authentic spicy blend of high quality ingredients used in Asian cooking. This blend has the distinct flavours of Chinese five spice and Szechuan Peppers. Our blends have no added m.s.g and no artificial colours, flavours or preservatives. This blend is gluten free and nut free and packaged in high quality zip lock pouches to retain freshness long after the pack is opened.



How to cook with pure spice blends?

Spice Blends are a natural seasoning to add flavour to your meat or vegetables. Simply sprinkle/rub over the food and then grill, oven bake, panfry or BBQ. Can be used as a base in casseroles, soups and tagines.

### Chinese Szechuan Skewers

Chicken Breast sliced, bamboo skewers (soaked in water), sour cream, pack of Gourmet Morsels Chinese Szechuan Blend. In a small bowl blend together some sour cream and Gourmet Morsels Chinese Szechuan Blend to make a paste. Rub the paste into diced chicken pieces and thread the chicken onto the bamboo skewers. BBQ or grill. Serve with salad or mixed Asian greens.



### Chicken Stir-fry with Szechuan Blend

