

Eat Well, Live Well.

Aji
AJI-NOMOTO

Less Salt,
Umami it!
AJI-NO-MOTO®

Mixed Vegetable with Pumpkin



Less
35%
Sodium

Ingredients:

2 tbsp	Cooking oil	½ tsp	AJI-NO-MOTO®
½	Onion, Chopped	½ tsp	Salt
2 clove	Garlic, Chopped	150 g	Cauliflower, cut
200 g	Chicken Meat, cut into small pieces	100 g	Broccoli, cut
1 ½ cup	Water	150 g	Pumpkin, cut long dice

Method:

1. Heat the oil.
2. Stir-fry the onion and garlic until fragrant.
3. Add in chicken pieces and stir until half cooked.
4. Add in water and cauliflower. Boil until half cooked.
5. Season with AJI-NO-MOTO® and salt.
6. Add in broccoli, pumpkin and stir until it is cooked.
7. Ready to serve.

Eat Well, Live Well.

Aji
AJINOMOTO

Less Salt,
Umami it!
AJI-NO-MOTO®

Sayur Campur Labu



Kurang
35%
Sodium

Bahan-Bahans:

2 sudu besar	Minyak Masak	½ sudu kecil	AJI-NO-MOTO®
½	Bawang, dicincang	½ sudu kecil	Garam
2 clove	Bawang Putih, dicincang	150 g	Kauliflower, dipotong
200 g	Daging Ayam, dipotong menjadi kepingan kecil	100 g	Broccoli, dipotong
1 ½ cawan	Air	150 g	Labu, potong daun panjang

Cara Menyediakan:

1. Panaskan minyak.
2. Kacau-goreng bawang dan bawang putih sehingga wangi.
3. Masukkan kepingan ayam dan kacau sehingga separuh masak.
4. Masukkan air dan kauliflower. Rebus sehingga separuh masak.
5. Musim dengan AJI-NO-MOTO® dan garam.
6. Masukkan brokoli, labu dan kacau sehingga ia dimasak.
7. Bersedia untuk berkhidmat.