

Stir-fried Luffa acutangula and Sausage

<What to prepare>

Luffa acutangula

Sausage

Minced garlic

Salt

Pepper

<How to cook>

①Wash luffa acutangulas well.

②Peel the skin well because the skin is hard.



③Seeds can also be eaten, but if you are concerned, remove them with a spoon.



④ Cut into bite-size pieces.



⑤ Cut sausage into similar size pieces.



- ⑥Heat oil in a frying pan and saute chopped garlic, sausage, and luffa acutangulas in this order.
- ⑦Note that luffa acutangulas absorb oil easily. This makes it easier for the seasoning liquid to blend in.
- ⑧Season with salt and pepper to taste.



⑨Bon appétit!♥

