

FRUIT_VEG: zuchinni (1), capsicum (1), carrot (1), onion (1), garlic (4), ginger (1), spring-onion (12),

MEAT: sirloin/striploin/rib-eye/rump (600),

OTHER: udon-noodles (600), soy-sauce (3), chinese-cooking-wine (4.5), oyster-sauce (3), baking-soda (1), corn-flour (2),