

# 《每日一道菜炒菜 Everyday W》

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作者：Fiona Beckett

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## 内容概要

Wok cooking is a fast, efficient and very healthy way to produce a meal that retains all the taste, texture and nutritional value of the ingredients. In Eastern and South East Asian countries, where the wok is the most important item of kitchen equipment, flavoursome spices and sauces are added to the meat, fish or tofu and vegetables, which are stir-fried and ready to serve in just a few minutes. If you are always on the go but still like to eat as healthily as possible, invest in a wok and learn to stir-fry in style!

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