

EXOTICS & ASIAN FLAVOURS

# Water spinach

**Hollow, crunchy stems, stir-fried in an instant in the wok.**

Water spinach, or rau mu□ng, has long hollow stems and pointed leaves. Its mild flavour, close to spinach, and its crunchy texture make it a much-loved green vegetable in Asian cuisines. It is stir-fried in seconds with garlic or blanched for a salad.

FLAVOUR

**Mild, vegetal, spinach note**

## Seasons and origins

Peak season · Early · Late · Rare

| | J | F | M | A | M | J | J | A | S | O | N | D |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Availability** | ○ | ○ | | | | | | | | | | ○ |

Indicative calendar based on our sales. Our sales team will confirm current availability.

## In the kitchen

- Sautéed with garlic and oyster sauce
- Blanched in a salad with peanuts
- In a sweet-and-sour tamarind soup

**Orders and prices**

Moorea — 69 rue de Perpignan, Bâtiment D3, marché international de Rungis, 94550 Rungis
01 56 70 62 40 · commercial@moorea.fr · qualite@moorea.fr