

# JALAPENO & GARLIC SAUCE

## INGREDIENTS

- 5 cloves garlic roughly minced
- 3 jalapeno sliced
- ¼ cup corn oil
- 1 tbsp. soy sauce



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Wellness

## PREPARATION

1. Roughly chop garlic and slice jalapeno. Take out the seeds to make it less spicy.
2. Heat up pan to high for a few minutes until you see smoke. Now add 1/4 cup corn oil or avocado oil.
3. Once its really hot, turn off the fire and add garlic immediately.
4. Once garlic turns golden, add jalapeno and cook for 30 seconds.
5. Add soy sauce and mix together.
6. Pair with noodles, rice, eggs, chicken, or ramen. Enjoy!

