

Asian Greens stir-fried with Soy Sauce & Ginger

Bialik College Kitchen Garden Program

Ingredients:

- 3 heads pak choy
- 3 heads choy sum
- 2 heads broccoli, cut into florets
- 2 spring onions, finely chopped
- small knob ginger, grated
- 2 garlic cloves, finely chopped
- 1 tablespoon rice bran oil
- 2 tablespoons soy sauce
- 2 tablespoon water
- 1 teaspoon sesame oil

Equipment:

- Chopping board
- Knife
- Metric measuring spoons
- Peeler
- Wok
- Wooden spoon

Method:

1. Carefully wash all the greens and dry them well.
2. Slice the greens into smaller pieces.
3. Chop broccoli into small florets. Peel the broccoli stalk and slice it finely.
4. Heat the wok over high heat and add the oil.
5. Add the ginger and garlic and gently fry until soft.
6. Add all the broccoli, spring onions and the sesame oil to the wok, and cook for 2 minutes.
7. Add the greens and soy sauce, plus a little water, and keep turning the greens with a wooden spoon until they are wilted.
8. Serve over a bed of rice and finish with a drizzle of sesame oil.