



Chinese Greens Stir-Fried with Soy Sauce & Ginger

SERVES: 6

INGREDIENTS:

- 1 Large or 2 small heads of broccoli
- 1 tbsp sunflower oil
- 4cm knob of ginger, finely chopped
- 2 garlic cloves, peeled and finely chopped
- 3 heads of pak choy, roughly chopped
- 3 heads of choy sum, roughly chopped
- 2 tbsp soy sauce
- ½ tsp sesame oil
- 1 tbsp water

METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Chop the broccoli into small florets. Peel the broccoli stalk and slice it finely
3. Heat the sunflower oil in the wok
4. Add the ginger and garlic and gently fry until soft
5. Add all of the broccoli and cook for 2 minutes
6. Add the greens, soy sauce and sesame oil, plus a little water, and keep turning the greens until they are wilted
7. Serve with rice