



Chinese Greens Stir–Fried with Soy Sauce & Ginger

Season: Winter/Spring

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: broccoli, choy sum, garlic, pak choy

Once you've mastered the art of stir-frying – cooking enough so that vegetables aren't raw, but not too much so that they lose their crunch – you can use the technique on lots and lots of different sorts of leafy greens, and experiment with your flavours. This recipe is a good start.

If you don't have all the leafy greens listed below, simply substitute with any Asian greens from your garden.

Equipment:

metric measuring spoon
clean tea towel
chopping board
cook's knife
vegetable peeler
wok
wooden spoon or wok sang

Ingredients:

1 large or 2 small heads of broccoli
1 tbsp sunflower oil
4 cm 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

What to do:

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.

