

Stir Fried Chinese Greens With Ginger, Oyster and Soy Sauce

Equipment needed –

Small knives, chopping boards, large frying pan or wok, large saucepan, colander, measuring spoons, juicer and 3 large serving platters.

Ingredients from the Garden –

- 1 bok choy, chopped finely
- Silver beet finely chopped
- Cabbage finely chopped
- spring onions, finely chopped
- Juice of 1 lemons

Ingredients from the Pantry –

- 3 tablespoons peanut oil
- 1 tablespoon of sesame oil
- 1 tablespoon of finely sliced ginger
- 2 tablespoons of oyster sauce
- 1 tablespoon of soy sauce
- 2 pinches of sugar
- Salt and pepper

What to do –

1. Fill a large saucepan with water and bring to the boil
2. Wash and chop the silverbeet and set aside.
3. Wash the bok choy and cut into quarters.
4. Wash the cabbage, and shred the leaves.
5. Thinly slice the ginger.
6. Wash and finely chop the spring onions then juice the lemon.
7. Plunge the prepared green vegetables in water for 1 1/2 minutes until just tender and drain well in a colander.
8. Measure out 3 tablespoons of peanut oil, 1 tablespoon of sesame oil, half of the ginger and place in a hot frying pan and cook for 30 seconds. Add the finely chopped spring onions.
9. Add 2 tablespoons of oyster sauce, 1 tablespoon of soy sauce, 2 pinches of sugar and the juice of 1 lemon into the hot frying pan with the oil and stir.
10. Add all of the vegetables and stir well so that everything is coated in the sauce. The vegetables will sizzle and stir fry and the oyster and soy sauce will reduce, just coating the greens.
11. Season with salt and pepper and then stir-fry for a further minute.
12. Divide onto 3 serving platters.

Serves –

- 28 students.

