

Asian Greens and Ginger Sauce (no oil GF)

Recipe source: modified from <https://www.recipetineats.com/bok-choy-in-ginger-sauce/>

Fresh from the garden Pakchoy, mizuna, celery, silverbeet, Romanesco broccoli

<u>Equipment</u>	<u>Ingredients</u>
Large bowls and colander	6 cups + Greens (pakchoy, mizuna, celery, silverbeet, broccoli)
Small bowls	1/4 cup ginger , finely julienned (or 1 tbsp garlic)
Measuring spoons and cups	1/4 cup water
Measuring jugs	Sauce
Chopping boards	3 tsp cornflour
Vegetable knife	1 1/2 tsp tamari (GF)
Scissors	1 tsp oyster sauce
Large fry pan	2 tsp chicken stock
Wooden spoon, Spatulas	1/4 cup water
Large serving spoons	1/4 tsp cooking salt
	Pinch white pepper

What to do

Wash greens in a bowl of cold water and drain in a colander. Dry in a tea towel.

Trim the base of the pak choy then separate all the leaves. Chop leaves in small pieces if large. Cut stems in half lengthwise and chop into small pieces, so they are all roughly the same size.

Chop greens and broccoli into small pieces. Use the stems too.

Make Sauce

Measure out sauce ingredients.

Stir Sauce ingredients except water in a jug until cornflour is dissolved. Then stir in ¼ cup water.

Cook the Sauce

Peel and finely julienne ginger.

Put the ginger in a large non-stick pan. Turn onto medium heat.

Once the ginger starts sizzling, sauté for 1 minute until it turns light golden and is a bit floppy.

Add greens a cup at a time, and use 2 spatulas to toss with the ginger for around 15 seconds to coat.

Turn heat up to medium, pour ¼ cup water over. Cover with lid and steam for just 45 seconds.

Add the Sauce

Remove lid (the greens will still be a bit underdone), pour in sauce, toss for 30 seconds until sauce changes from opaque to clear, and thickens.

The greens should be floppy but still soft crunch. If the sauce gets too thick add a tiny splash of water and mix.

Add the homemade rice noodles and stir in well. Cook for 2 minutes.

Serve and ENJOY!