

Wok-fried Asian greens

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I've used Chinese broccoli and bok choy for this recipe but any green vegetable will do here.

Broccolini, green beans, pak choy and morning glory are some of my favourites.

Ingredients (serves 4)

- 2 bunches Chinese [broccoli](#) (about 500 g)*
- 1/3 cup oyster sauce
- 2 tbsp light [soy](#) sauce
- ½ tsp white [sugar](#)
- 2 tbsp vegetable oil
- 3 garlic cloves, finely sliced
- 1 long red chilli, finely sliced

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- 4 small bunches bok choy, halved lengthways

Method

Prepare the Chinese broccoli by slicing each bunch in half to separate stems from leaves. Slice the leaves into roughly 4cm-wide strips and set aside. Slice the stems into roughly 3cm-long pieces and set aside.

In a small bowl, mix the oyster sauce, soy sauce and white sugar until combined.

Heat the vegetable oil in a wok over high heat. Add the garlic and chilli and stir-fry for about 30 seconds. Add the Chinese broccoli stems and stir-fry for about two minutes. Now add the

Chinese broccoli leaves, bok choy and oyster sauce mixture. Stir-fry for a further two minutes until the leaves have just wilted. Remove from the heat and serve.

*Chinese broccoli is also known as gai lan or Chinese kale. It has a thick, pale-green stem and dark-green leaves. You can find it at some major supermarkets or any Asian grocer.

Recipes and images from *Asia Express* by [Marion Grasby](#)

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