

Asian Greens Stir Fry

Serves: 4

From the garden: onion, mixed asian greens, spring onions

Ingredients:

2 tbsp sunflower oil	1 tbsp honey or brown sugar or palm sugar
1 brown onion	1 tbsp sweet chilli sauce
1 tbsp grated ginger	2 tbsp soy sauce
3 cloves garlic	water
6 cups mixed asian greens	1 spring onion
optional: chopped cashews (2 tbsp)	
noodles	

Equipment:

basic toolbox, chopping board, metal bowls, large knife, colander, wok, wok sang

Method:

1. *Because a stir fry is a dish that is cooked very quickly you need to have all your ingredients prepared and set aside in small bowls.*
2. Wash all the greens thoroughly and shake off excess water. Wrap gently in a clean tea towel to dry.
3. Peel onion and slice into thin slices, set aside.
4. To prepare the greens cut any thick stems into slices and place in one bowl. Place all the leafy parts, chopped roughly, into another bowl.
5. Measure out all your liquid sauces into a small bowl.
6. Peel garlic, crush with garlic crusher and add to bowl.
7. Peel ginger and grate using a ginger grater, add to small bowl.
8. Double check that you now have all your ingredients ready to go.
9. Put wok onto stove burner and put on medium-high heat. Add oil and wait until oil is hot.
10. ***Gently add onion to wok*** and using a “wok sang” stir constantly until it begin to colour.
11. Now add the stems, the sauces and a little water. Stir constantly with the wok sang. Add more water as needed. When these vegetables are nearly soft add the leafy greens.
12. *(If adding noodles or cashews add now and cook for a further 2 minutes until they are warmed through.)*
13. When all the vegetables are ready, pour out onto serving platter. Serve with rice, noodles or egg/noodle pancakes. Garnish with spring onion, (that has been diagonally sliced).

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School