

Chinese Cabbage Stir Fry



This recipe serves 4 people.

Ingredients

- 1 large Chinese cabbage (or use 2-3 cups Asian greens per person including bok choy, tatsoi, Chinese cabbage, Chinese broccoli)
- 2 tablespoons fresh ginger
- 1 tablespoon fresh garlic
- 1 tablespoon vegetable oil
- 1/2 cup chicken stock
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- pinch sugar
- 1 tablespoon potato starch (or cornflour)
- 2 tablespoons water
- sweet chilli sauce, to taste
- sesame seeds

Method

1. Wash the cabbage thoroughly, then chop into about 5cm pieces. Finely grate the ginger and garlic.
2. Put the oil into a hot wok. Add the cabbage; toss for a few seconds until heated. Put a lid on the wok and steam for 1 minute.
3. Remove the cabbage and set aside.
4. Add the ginger and garlic to the same pan. Cook on medium heat until fragrant (2 minutes). Add the chicken stock, oyster sauce, soy sauce and sugar.
5. In another bowl mix the potato starch with cold water, then add to the pan. Add sweet chilli sauce to taste.
6. Fold in the cooked cabbage, then remove from the heat.
7. Serve with a sprinkle of sesame seeds over the top.