

# Easy Stir-fried Asian Greens

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www.millenfarm.org

large frypan or wok  
chopping board  
large knife  
measuring spoons  
heatproof spoon  
fine grater

## METHOD

## INGREDIENTS

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|---|---|
| 1. Roughly chop the stems and roughly shred the leaves of                         | 1 bunch (~250g) <b>Asian greens</b>   |
| 2. In the frypan or wok, <b>heat</b>  | 1 TBS <b>sesame or peanut oil</b>   |
| 3. <b>Add</b> the Asian green stems and <b>stir fry</b> until starting to soften. |   |
| 4. <b>Add</b> and <b>stir</b> until fragrant                                      | 1 large clove <b>garlic</b> , finely chopped<br>1 <b>mild red chilli</b> , deseeded and finely chopped<br>2 tsp finely grated <b>fresh ginger</b> |
| 5. <b>Stir in</b> the Asian green leaves with                                     | 1 TBS <b>organic tamari or soy sauce</b><br>1 TBS <b>filtered water</b><br>1 – 2 tsp <b>honey</b> (optional)                                      |
| 6. Continue to <b>stir fry</b> until the leaves are just wilted.                  |   |
| 7. <b>Serve</b> topped with   | extra <b>chopped fresh chilli or dried chilli flakes</b><br>sprinkle of <b>sesame seeds</b>   |



