

STIR FRIED ASIAN GREENS

CREDIT: VANCOUVER FARMERS MARKETS

INGREDIENTS

1 medium bunch of tender Asian greens such as bok choy, baby bok choy, gai lan or water spinach, ends trimmed and washed and dried thoroughly

3 tbsp peanut oil
4 cloves garlic, peeled, bruise until juicy with the flat side of a knife and coarsely chopped into 3 or 4 chunks

¼ tsp salt
1 - 3 hot peppers such as Thai bird, Fresno or Cayenne, stemmed and sliced on the diagonal

DIRECTIONS

Cut the greens into pieces 2 ½ - 3" long.

In a wok or 12-inch skillet, heat oil over medium-high heat. When oil is hot, add garlic, salt and chiles if using. Saute for about 1 minute. Don't let the garlic brown.

Add the greens. Raise the heat to high and immediately begin to stir-fry the greens around the pot. Continue cooking until they begin to look limp but remain bright green - 3 -4 minutes depending on the type of greens. Taste for salt.

Transfer greens to a serving platter and serve immediately. A plate is better than a bowl for this task - a bowl will cause the greens to continue cook until they are mushy.

Serves 4 as a side dish

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