

## Wok-fried Asian greens

Search:

- [Asian](#)
- [Chinese](#)
- [Vegetables](#)
- [Recipes](#)

## Wok-fried Asian greens

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

## Wok-fried Asian greens

---



Rate this recipe

4 people are cooking this [Count me in](#)

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
- 1/2 tsp white [sugar](#)
- 2 tbsp vegetable oil
- 3 garlic cloves, finely sliced
- 1 long red chilli, finely sliced

## Wok-fried Asian greens

---

- 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](#)

NEXT: [Chinese pork and vegetable hot pot](#)

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```