



STIR-FRIED

Asian Greens

Ingredients:

- 100g chicken or fish
- 2 tsp sesame seeds
- 2 tsp tamari
- 1 Tbsp water
- 150g wombok, sliced thinly
- 100g asian broccoli, chopped coarsely
- 100g broccolini, chopped coarsely
- 1 birds eye chilli, finely chopped (take the seeds out if you don't like it too spicy)
- 1 clove of garlic, crushed
- 2cm piece of ginger, grated
- 1 tsp olive oil
- 1 tsp sesame oil

Method:

- Serve with $\frac{1}{2}$ cup of brown rice (optional) and top with a sprinkle of sesame seeds
- Add vegetables, water, tamari and stir-fry until just tender.
- Heat oil in wok: stir-fry ginger, garlic and chilli until fragrant.