

AISAN STYLE WILTED GREENS

From our garden: kale, silverbeet, ginger

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Read this recipe first so you understand how to prepare the ingredients.
3. Prepare all ingredients first before commencing the cooking process.
4. Focus on your knife skills.

EQUIPMENT

Measuring spoons
Wok
Colander
Clean tea towel
Chopping board
Large knife
Wooden spoon
Tongs
Grater
Serving platters
Serving tongs

INGREDIENTS

Big bunch kale
Big bunch silverbeet
2 tablespoons of vegetable oil
1 tablespoon grated ginger
1 clove garlic
½ red chilli
3 tablespoons soy sauce

WHAT TO DO

- Wash the kale and roughly chop.
- Wash the silverbeet, remove the thick stem and roughly chop.
- Peel and grate the ginger.
- Peel and crush the garlic.
- Finely chop the chilli.
- Heat the wok over a medium heat.
- Add the vegetable oil, ginger, garlic and chilli. Stir with a wooden spoon and cook for 1 minute.
- Add the kale and silverbeet. Cook until just wilted.
- Stir in the soy sauce.
- Serve immediately.
- Divide the Asian greens among serving platters.