

# GARLIC AND GINGER GARDEN GREENS

From our garden: broccoli, pak choy

## 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. You need to wash the vegetables very well.
3. Prepare all ingredients first before commencing the cooking process.
4. Determine what time you need to start cooking as the cooking process is very quick.

## EQUIPMENT

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

## INGREDIENTS

Big bunch broccoli  
Bunch pak choy  
2 tablespoons of vegetable oil  
1 tablespoon grated ginger  
1 clove garlic  
3 tablespoons soy sauce

## WHAT TO DO

- Wash the broccoli and roughly chop into large pieces.
- Wash the pak choy. Trim the end and then roughly chop.
- Peel and grate the ginger.
- Peel and crush the garlic.
- Heat the wok over a medium heat.
- Add the vegetable oil, ginger and garlic. Stir with a wooden spoon and cook for 1 minute.
- Turn up the heat and add the broccoli and pak choy. Cook for 5 minutes or until just wilted.
- Stir in the soy sauce. Toss to combine.
- Serve immediately.