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.