

Chayote Leaves with Garlic Recipe

Ingredients:

300 g chayote leaves
4 cloves garlic, peeled and minced
1 tablespoon Chinese cooking wine
1 teaspoon salt, or to taste
5 tablespoons oil

Method:

Discard the tougher leaves from the Chayote leaves and rinse remaining tender leaves well. Stir-fry minced garlic with 5 tablespoons oil until brown and crispy. Remove and drain. Retain 2 tablespoons cooking oil in the wok to stir-fry the leaves. Season with Chinese cooking wine and salt to taste and cook until flavor is absorbed. Add the crispy garlic and toss well. Remove immediately and serve.

Note: Chayote leaves come from the Chayote squash. Only tender leaves can be cooked. Purchase in quantity because there won't be much left after discarding old leaves and stems. Do not add the crispy garlic to the dish too early, or it will lose its crispiness and its aroma.

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