

Fried Chinese Kale with Oyster Sauce Recipe

Ingredients:

600 g gai larn (kale or also known as Chinese Kale or Chinese Broccoli) or any bunch of leafy Asian greens (Chinese flowering cabbage, Chinese white cabbage or bok choy)
1 tablespoon vegetable oil
2 cloves garlic, peeled, crushed and minced
1 teaspoon oyster sauce
1 teaspoon fish sauce
1 teaspoon light soy sauce
½ teaspoon sugar
Water or chicken stock, if needed

Method:

If using gai larn, cut the leaves away from the stems and discard. These are too tough to eat. Peel the stems if the skin seems thick, then cut the stems lengthways in ¼ inch strips. Cut strips across into 2 in lengths. Bring a large saucepan of water to the boil and blanch the gai larn or broccoli for 1 minute. Transfer to a sieve, drain, then cool in a bowl of cold water. If using Chinese greens, cut across in 2 in lengths, discarding the hard bottom part of the stems if using Chinese flowering cabbage. Do not blanch, but set aside. Heat the oil in a wok for 30 seconds, then add the garlic and stir-fry for a few seconds until it starts to smell fragrant. Add the blanched gai larn or broccoli, or the raw leafy greens to the wok and stir-fry until they are just cooked, adding a tablespoon or two of water or chicken stock from time to time if the vegetables start to stick. Usually, the moisture from washing the vegetables (especially if you are using leafy greens) is enough to prevent this happening. Add the oyster sauce, fish sauce, soy sauce and sugar and stir-fry for a few seconds. Transfer to a serving dish and serve immediately.

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