

Asian Greens

DF V

These simple greens with an Asian flavour can be cooked up for any main that needs a few more veges. A perfect match is our Kung Pao Chook (page 134).

Serves	4-5	Per serve	
Prep time	15 minutes	Carbs	5.2 g
Cook time	10 minutes	Protein	5.2 g
Difficulty	●●●	Fat	6.7 g
		Energy	107 Cal

INGREDIENTS

- 1 head broccoli
- 2 cups snowpeas, (sugar snaps or green beans)
- 1 large bok choy, (pak choy or 2-3 baby bok choy)
- 1 tbsp olive oil
- 1-2 cloves garlic, finely chopped
- 1 tsp finely grated ginger
- 1 tbsp sesame oil (optional)

METHOD

Cut the broccoli into small florets, and peel and thinly slice the stalk. Thinly slice the snowpeas and shred the bok choy.

Heat a good drizzle of olive oil in a large frying pan or wok over a high heat. Add the broccoli and snowpeas to the pan and cook for 2-3 minutes, stirring often.

Add the bok choy along with the garlic, ginger and sesame oil (if using), and continue to cook for 2-3 minutes, stirring often, until the vegetables are cooked and tender. Serve straight away.

