

Stir-Fried Pak Choi and Asparagus

From an idea on a Waitrose packet of pak choi, adjusted to suit a non fish-eating audience. It makes a good vegetable addition to a Thai or Chinese meal.

Planning

serves:	4
prep time:	5 mins
cooking time:	6 mins

Ingredients

1 tbs groundnut oil
1 in piece fresh ginger,
peeled & shredded
1 clove garlic, peeled &
crushed
1 pkt pak choi
1 pkt fine asparagus
2 tbs oyster sauce

Method

Separate the leaves of the pak choi, wash it and cut it into lengths of about 3 cm. Trim the dry ends of the asparagus stems and rinse them also.

Heat the oil in a wok and fry the ginger and garlic for about 30 secs. Toss in the pak choi and asparagus and stir fry for about 3 mins when it should be starting to soften. Thin the oyster sauce with an equal quantity of water and add this to the wok, continuing to cook for 1-2 mins.