

## Stir fried Bok Choy and snake beans



### Ingredients

*Serves 6 as a side*

- 2 x bunches bok choy/ choy sum/ Asian greens
- 1 x bunch (10) snake beans
- 1-2 x fresh red chilies/ chili sauce
- 1x 2cm piece ginger
- 2 teaspoons soy sauce
- 1 lime
- 1 tablespoon fish sauce
- 1 tablespoon sesame oil
- 2 spring onions
- 1 clove garlic
- Sesame seeds/ coconut shred (optional)

## Stir fried Greens- Method

- Cut the Snake beans into 4 cm pieces
- Cut the Bok Choy and Asian greens into small pieces cross ways. Separate any white stalk parts
- Cut the spring onions diagonally
- Grate the ginger and squeeze the garlic
- Heat the wok and add a splash of sesame oil, when starting to smoke
- Put in garlic and ginger first of all and heat for 2 minutes
- Now add in the Bok choy- white parts only (they take longer to cook)
- Add in the beans, stir for 3 minutes,
- Lastly add in the green part of the Asian greens
- Now add fish sauce, soy sauce, lime juice and chili sauce
- Leave in the pan for a further minute and turn off the heat and add in spring onions

Garnish with herbs/ coconut shred/ sesame seeds

- Anything can be stir fries and the flavor bases can be changed
- The trick to stir fry is to have a high heat and cook things quickly
- Experiment with different flavors as bases
- Asian greens can be grown at home, especially in the dry season.