Asian Greens with Garlic Sauce

Ingredients from our garden:
Asian greens – 1 bunch (30 leaves)

Other ingredients:
Olive oil – 1 tbsp
Garlic – 5 cloves
Soy sauce – 2 tbsp

Equipment needed:
Sharp knives
Measuring spoon – tablespoon
Chopping boards
Wok or frypan
Large saucepan
Serving plate
Wooden spoon
Tongs
Sieve

Method:
3. Fill large saucepan ¾ full of water. Add a pinch of salt. Place on stove and turn to 5.
4. When the water is boiling place the Asian greens and cook for 1 minute (this is called blanching). Use tongs to take out and drain in the sieve. Then place on serving plate.
5. Heat 1 tablespoon of olive oil in the wok over a medium–high heat.
6. Add garlic and cook for 1–2 minutes until lightly browned – stir with wooden spoon.
7. Add 2 tablespoons of soy sauce and 1 tablespoon of water, cook for 1 minute. Stir with wooden spoon. Turn off heat and take off.
8. Pour garlic sauce over greens.

Focus keeper: __________________________
Quiet Captain: __________________________
Material Monitor: ________________________