# Stirfry Asian Greens over rice

## Ingredients from our garden:

| Asian greens – 50 leaves |

## Other ingredients:

<table>
<thead>
<tr>
<th>Olive oil – 1 tbs</th>
<th>Garlic Cloves – 2</th>
<th>Red chilli – 1</th>
<th>Ginger – 2cm piece</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oyster sauce – ¼ cup</td>
<td>Rice – 1 cup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Equipment needed:

<table>
<thead>
<tr>
<th>Sharp knife</th>
<th>Chopping board</th>
<th>Measuring cup</th>
<th>Peeler</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grater</td>
<td>Wok</td>
<td>Measuring spoon - tbs</td>
<td>Wooden spoon</td>
</tr>
<tr>
<td>Serving platter</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Method:

1. Measure 1 cup of rice put into rice cooker. Fill with 1 and half cups of water. Turn on. Leave until cooked.
2. Wash greens. Cut leaves from stems. Keep both.
3. Peel and grate ginger.
4. Peel and finely chop 2 cloves of garlic.
5. De-seed and finely chop red chilli. Wash hands after with soap.
6. Heat a wok over high heat.
7. Add oil. Swirl to coat.
8. Add garlic, ginger and chilli.
9. Stir-fry for 1 minute or until fragrant.
10. Add greens.
11. Stir-fry for 2 to 3 minutes or until bright green and just tender.
12. Add leaves and a ¼ cup of oyster sauce.
13. Stir-fry until leaves have wilted.
15. Serve rice onto a platter and place greens on top.

---

Focus keeper: ________________________________

Quiet Captain: ________________________________

Material Monitor: ________________________________