

# Stir-fried Kai Lan

with sesame oil



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## Ingredients:

- Kai Lan 200gm
- Shredded ginger 10gm
- Chopped garlic 5gm
- Sesame oil half tsp
- Vegetables stock 30cc
- Seasoning (salt/pepper) to taste



Serving Size: 2 pax

## Method of cooking:

- Cut, wash, and drain dry Kai Lan
- Heat up a pan or wok
- Add sesame oil, ginger and garlic
- Stir fry till garlic turns light brown
- Add in vegetables stock and cook on low heat till the stock reduces to half
- Adjust seasoning to your liking
- Throw in Kai Lan and continue stir frying till Kai Lan turns fully cooked and becomes tender
- Serve

## Tips

- Blanch vegetables first before stir fry. This process will prevent the vegetable from becoming overcooked.

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