

Stir Fried Pak Choi

WITH SESAME



OIL

ROOT GINGER 1CM PIECE, SHREDDED

GARLIC 1 CLOVE, SLICED

PAK CHOI 4 TRIMMED AND CUT INTO HALVES OR LONG WEDGES

SESAME SEEDS 50G

GOLDEN CASTER SUGAR 1 TBSP

GARLIC 1 CLOVE, CRUSHED

SOY SAUCE 3 TBSP

SESAME OIL

CHILLI OIL TO SERVE

STEP 1

FOR THE SAUCE, TOAST THE SESAME SEEDS IN A DRY FRYING-PAN UNTIL THEY COLOUR AND SMELL FRAGRANT. CRUSH TO A PASTE WITH THE SUGAR, GARLIC AND SOY SAUCE IN A PESTLE AND MORTAR OR SPICE GRINDER. ADD ENOUGH SESAME OIL TO MAKE A POURABLE SAUCE.

STEP 2

HEAT A LITTLE OIL IN A WOK AND FRY THE GINGER AND GARLIC, ADD THE PAK CHOI AND STIR-FRY QUICKLY UNTIL THE STEMS ARE JUST TENDER. TIP ONTO A PLATE AND DRIZZLE WITH THE SAUCE.