

Stir-Fried Yau Choi w/ Garlic & 'Oyster' Sauce

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Step 1: Preparing Your Mise en Place

- 12 oz yau choy
- 2 tsp mushroom flavored oyster sauce
- 1 tsp Fish-Less Fish sauce
- 2 tsp garlic

Trim the ends off of the yau choy. Wash and spin dry. If the stems are thicker than 1/2" inch, slice the stems in half lengthwise to promote even cooking. Alternatively, the yau choy can be cut up into smaller or bite-sized pieces. Set aside.

Mince the garlic. Mix the 'oyster sauce' and fish-less fish sauce together and set aside.

Step 2: Stir-Frying the Dish

- 1 tbsp peanut oil

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat.

Once hot, add the oil followed by the garlic. Stir-fry for a few seconds or just until fragrant. Add the yau choy and toss to coat with the oil and garlic. Stir-fry for about 30 seconds to 1 minute until the leaves soften slightly. Add the oyster sauce mixture and stir-fry for another 30 seconds to 1 minute or until the vegetable is crisp yet tender. Serve immediately.