

Stir Fried Vegetables in Oyster Sauce

To make approx. 32 tastes in the classroom.

Equipment:

Wok
Wok chuan (spatula)
Chopping board
Sharp knife (small and large)
Colander
Tin opener
Vegetable peeler
Micro-plane grater (for ginger)
Measuring cups
5 small mixing bowls to put each ingredient aside
Serving bowls (1 per table)
Serving spoons

Ingredients:

2 x head of broccoli and stem, washed and cut into florets (peel and cut the stem into diagonal pieces)
3 x carrots (peeled, halved lengthways and sliced diagonally)
1 x punnet of green beans (washed, trimmed and sliced diagonally)
1 x can of water chestnuts (drained)
1 x bunch spring onions (trimmed and sliced diagonally)
3cm knob of ginger, finely chopped or grated
2 cloves garlic, peeled and finely chopped
¼ cup olive oil
1-2 teaspoons of sesame oil (*check for allergies first*)
¼ cup oyster sauce (*check for allergies first*)
1 tbsp. soy sauce (*check for allergies first*)
¼ cup water

What to do:

- Prepare all ingredients as per the list above.
- When ready to cook, heat oils in the wok until very hot.
- Add the garlic and ginger and fry for 1 minute or until fragrant.
- Add the larger vegetables first, as these take longer to cook. Start with the sliced carrots and then add the broccoli and green beans.
- To stir fry, continuously lift and toss the vegetables in the wok, using the wok chuan. This will lightly coat the vegetables in the olive and sesame oil.
- Carefully add a splash of water to create steam and continue stirring the vegetables over a high heat for 2-3 minutes.
- Add the water chestnuts, soy sauce and oyster sauce and cook for a further 1-2 minutes until heated through and the sauce is well mixed in. You may need to add another splash of water to loosen the oyster sauce and spread it through the vegetables.
- When the vegetables are just tender (they should be hot but remain brightly coloured and with a little bit of crunch), stir through half of the spring onions.
- Divide the stir-fry between serving bowls and scatter over the remaining spring onions to garnish. Serve with steamed Jasmine rice.