



Recipe Details

Recipe Name : Stir-Fried Chinese Greens With Ginger Oyster And Soy Sauce
Recipe Category:
Author : Jamie Oliver
Created : February 16, 2015
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Portions : 6

Weight (Per Portion)

One portion of this dish weighs approximately 90.00 Grams

Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Oil, walnut	3 Tablespoon	Nuts
Oil, sesame	1 Tablespoon	Sesame
Ginger, fresh	0.5 Tablespoon	
Onions, Spring or Scallions	4 Small	
Sauce, oyster	2 Tablespoon	Gluten Molluscs
Sauce, Soy	1 Tablespoon	Gluten Soybeans
Sugar, caster	2 Pinch	
Salt, table	1 Pinch	
Pepper, black	1 Pinch	
Spinach, raw	7 Ounce	
Lime, juice	1 Unit	
Cabbage, chinese (pak-choi)	7 Ounce	

Recipe Alerts

Special Dietary Requirements Suitability:	Halal
Allergen Warnings:	Gluten Molluscs Nuts Soybeans Sesame

Recipe Method

Remove any blemished outside stalks from the greens. Put the spinach to one side so that you can add it to the wok or pan at the last minute, as it cooks very quickly. Prepare the rest of the Chinese greens; I normally cut the pak-choi into quarters. Plunge the greens into boiling water for about 1 1/2 minutes until just tender, and drain well. Put the oil and the ginger into a very large, hot wok or other suitable pan and cook for about 30 seconds. Add the scallions and the rest of the ingredients apart from the seasoning. Stir, then add the spinach and toss so that everything is coated in sauce. The vegetables will sizzle and stirfry.

Recipe Method

The oyster and soy sauce will reduce, just coating the greens. At this point season to taste. Stir-fry for a further minute and serve immediately.

