

## BROCCOLI, SPRING GREENS & CHILLI STIR-FRY

**Vegetarian & super healthy**



**Serves 2**

**Ready in 30 Minutes**

### **Ingredients:**

Groundnut Oil  
Thumb-sized piece of ginger, peeled & sliced into strips  
2 Red chillies, finely sliced  
1 Head broccoli, cut into small florets  
200gm Spring Greens  
2 tablespoons dry sherry  
2 tablespoons light soy sauce  
4 Spring onions shredded

### **Method:**

Heat a wok or heavy based frying pan until very hot. Add 1 tablespoon groundnut oil & stir-fry the chillies and ginger for 30 seconds. Add broccoli and a splash of water, cover and cook for 2 - 3 minutes.

Add the spring greens, dry sherry and soy sauce, cook for a further 3 minutes and top with the spring onions and serve.

### **Recipe Extra:**

Try:- For a different flavour add two teaspoons sesame oil before serving

Or

Cut a large steak in thin strips and fry with the chilli and ginger then stir through 2 tablespoons oyster sauce and serve with the greens.