

RECIPE:

Baby buk choy stir-fried with prosciutto

Recipe by Barden Produce

Preparation Time

10 minutes

Cooking Time

8 minutes

Ingredients (serves 4)

- 750g Baby Buk Choy
 - 2 tablespoons extra virgin olive oil
 - 2 minced garlic cloves
 - 1 tablespoon soy sauce
 - 1 tablespoon oyster sauce
 - 1/2 cup chicken stock
 - 5 thin slices of prosciutto
- Season with salt and pepper

Method

- Trim 750g Baby Buk Choy.
- Blanch them whole in salted boiling water for 1 minute.
- Drain and refresh them in iced water and drain again.
- Heat 2 tablespoons of extra virgin olive oil in a wok.
- When very hot, stir-fry for one minute the Baby Buk Choy with 2 minced garlic.
- Add 1 teaspoon soy sauce and oyster sauce and 1/2 cup chicken stock. Simmer for 30 seconds.
- Mix everything together and serve in a bowl and add 5 thin slices of prosciutto.
- Serve.

Delicious with rice or soba noodles.

