

## RECIPE:

### Chinese Broccoli with Oyster Sauce

Photography by Ian Wallace

Easy to prepare, pretty to look at and packed with beta-carotene, this dish of fragrant Chinese broccoli ticks all the boxes.

*Preparation Time*

10 minutes

*Cooking Time*

5 minutes

*Ingredients (serves 6)*

2 bunches gai lan (Chinese broccoli), washed

60ml (1/4 cup) oyster sauce

1 garlic clove, crushed

1 1/2 tbs light soy sauce

1 tsp caster sugar

1 tbs vegetable oil

2 tsp sesame oil

*Method*

1. Cut the gai lan stems from the leaves. Cut the stems in half lengthways. Cut the leaves in half crossways.
2. Combine the oyster sauce, garlic, soy sauce and sugar in a small bowl, and stir until the sugar dissolves.
3. Cook the gai lan stems and leaves in a large saucepan of boiling water for 2-3 minutes or until bright green and tender crisp. Refresh under cold running water. Drain. Transfer to a serving platter.
4. Heat the vegetable oil and sesame oil in a saucepan over high heat for 30 seconds. Pour over the gai lan. Drizzle over the oyster sauce mixture and serve.

Source: *Good Taste* - May 2007

Recipe by Chrissy Freer

