



Recipe

Kylie Kwong's Stir-fried Snow Peas,
Asparagus and Baby Spinach with Ginger

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Serve as part of a shared meal for 2–4.

Ingredients:

2 tablespoons vegetable oil
6 ginger slices
100 g snow peas, trimmed
1 bunch asparagus spears (250g),
trim woody ends, slice on the diagonal
60 g baby spinach leaves
¼ teaspoon brown sugar
2 tablespoons *tamari/light soy
½ cup water
¼ teaspoon sesame oil

Method:

1. Heat vegetable oil in a hot wok until surface seems to shimmer slightly.

2. Add ginger, snow peas and asparagus and stir-fry for 2 minutes.

3. Add sugar and tamari and stir-fry for 10 seconds.

4. Pour in water and simmer for 2 minutes or until vegetables are tender.

5. Lastly add the spinach leaves, sesame oil, toss to combine, serve immediately.



*Tamari contains little to no wheat and is therefore an excellent substitute for light soy, which contains wheat.