



CHILI GARLIC GAI LAN

PREP 10 min

COOK 10 min

SERVES 8-10 Chinese broccoli (gai lan) is delicious stir-fried with a few simple add-ins, and pairs well with both chicken and lamb recipes. The stalks are just as tender-crisp as the florets, so only the tough ends of the stalks should be trimmed off.

Ingredients:

4 bunches Gai Lan, or broccoli, ends trimmed (about 1 1/2 lb)

2 tbsp 100% Pure Canola Oil

6 cloves garlic, thinly sliced

3 tbsp Raw Almonds, chopped

1 red bell pepper, cut into julienne strips

1 red hot finger pepper, sliced into thin rings

1 tbsp minced fresh ginger

3 tbsp oyster sauce

1/4 cup water

Method:

TRIM and discard about 1 inch off ends of gai lan.

HEAT oil over medium heat in large wok.

Stir-fry garlic and almonds until light golden, about 2 minutes.

Remove from oil with slotted spoon to paper-towel-lined plate; set aside.

Increase heat to medium-high.

STIR-FRY both bell and hot peppers and ginger for 1 minute.

Add gai lan, oyster sauce and water, tossing to coat.

Cover and cook until tender-crisp, about 6 minutes.

Uncover and cook 1 to 2 minutes or until liquid is thickened.

Transfer to serving dish.

Sprinkle with garlic and almonds.

TIP: If you'd like this to have only a hint of spice, seed the hot pepper before slicing. Or leave it out entirely for a mild version.