

Thai-Style Stir Fried Greens

This recipe can be used with any type of greens, such as mustard, broccoli rape, kale, spinach, tatsoi (which we sell as baby bok choy because so many people are unfamiliar with tatsoi), bok choy, Chinese cabbage, chard, beet greens or a combination.

Ingredients (for 2-3 servings)

1 bunch greens
3 tablespoons oyster sauce
2 tablespoons water
1 teaspoon fish sauce
1 teaspoon sugar
1 tablespoon oil
3 cloves garlic, minced

Instructions

Wash the greens and shake off excess water. (You want some water still clinging to the leaves, as that will help with the cooking process.) Chop into bite-size pieces.

In a small bowl, mix the oyster sauce, water, fish sauce and sugar.

Heat a wok or large skillet over a high flame. Swirl in the oil. Add the garlic and stir briefly, until sizzling and fragrant. If the greens have stalks that are very thick, add them to the pan first, stirring for 1-2 minutes before adding the leaves. Otherwise, add both stalks and leaves to the pan, followed by the sauce. Stir and toss the vegetables frequently until the leaves are wilted and the stalks are tender, about 3-5 minutes.

A protein such as chicken or shrimp can be added to your stir fry. Just increase the amount of sauce you use, and stir fry the protein for a few minutes before adding the garlic.

(Adapted from a recipe at *Kitchn*.)