

Bacon, bean shoots, bok choy & broccoli as Stir Fry side dish

Ingredients

- Bacon, Bean shoots, bok choy and broccoli cut in small pieces (bite size)
 - 1 Tbs. water
 - 1/2 tsp. corn flour
 - 2 Tbs. oyster sauce
 - 1-1/2 tsp. toasted sesame oil
 - 2 Tbs. vegetable oil
 - 1-inch piece fresh ginger, peeled,& grated or tsp of ginger from the jar.
- 50 grams pine nuts

Method

Add oil to fry pan and fry bacon first then take it out.

Lightly roast the pine nuts and remove.

Add ginger, sesame oil, broccoli, a little water toss around until crisp-tender,

then add bean shoots and bok choy and stir fry about 3 mins.

Add bacon and then add oyster sauce with corn flour & thicken

Serve as a side dish and sprinkle with pine nuts.

By Chris . . .