

Broccoli Stir-fry

Ingredients:

2 large heads broccoli, chopped into small pieces (use all stalks too)

3 tablespoons soy sauce

1 ½ tablespoon cornflour

½ cup water

1 teaspoon sugar

2 tbls oil

1 onion, diced

2 cloves garlic, peeled and crushed

1 teaspoon ginger

Method:

- In a small bowl, whisk together water, soy sauce, corn flour and sugar. Set aside.
- Heat a large wok on the stove with oil. Once the oil begins to smoke and all the broccoli, ginger, garlic and chopped onion and fry for 5 minutes whilst mixing. Add $\frac{1}{4}$ cup of water to the pan to steam the broccoli and cook for a further 2 minutes.
- Add the sauce mixture and cook whilst stirring for 1 minute.
- Serve into 4 bowls.