



# STIR-FRIED NAPA CABBAGE

RECIPE BY: KATE WATERS  
SERVES 4 AS PART OF A MEAL  
PREP TIME: 5MIN  
COOK TIME: 3HRS  
TOTAL TIME: 3HRS 5MIN

## INGREDIENTS

### Aromatics:

- 3 medium cloves garlic, smashed
- 1 inch ginger, grated
- 1 tsp/5 ml minced chillies, with or without seeds depending on desired spice level (optional)
- 4 spring onions sliced on diagonal
- 1 tbsp/15 ml coconut oil
- 1/2 tsp/2 g salt
- 1/8 tsp/0.5 g ground white pepper

### Vegetables:

- 1 head of napa cabbage/Chinese lettuce, cut crosswise into 1 inch / 2.5 cm wide pieces
- 8 cups/8 to 12 cups baby bok choy, sliced in half lengthwise
- 200 g/7 oz carrots, cut into julienne

### For the sauce:

- 1 tbsp/15 ml dry sherry or shao hsing rice wine
- 1 tbsp/15 ml chicken or vegetable broth
- 2 tsp/10 ml soy sauce

## DIRECTIONS

1. Cut ingredients to a uniform size and place them all in separate bowls.
2. Mix the sauce ingredients together and set aside.
3. Make sure you have a small bowl of water by your side and that all the ingredients are easy to reach near your stove.
4. Heat the wok. To determine when the wok is hot enough, start flicking droplets of water from the small bowl into the pan after 30 seconds. As soon as a bead of water evaporates within 1 to 2 seconds of contact, the wok is heated and ready for stir-frying. Do not overheat the wok.



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## NOTES

- Serves 4 as a vegetable side dish
- Use this as a base to do all stir-fries.
- If you prefer not to use alcohol you could use apple juice, it will not have quite the same flavour.

## CONTINUED

5. **Pull wok off the heat and add 1 tbsp of oil. Pick up the pan and carefully swirl it to coat the bottom and sides. (If the wok smokes wildly the moment you add the oil you've overheated the wok. Let it cool slightly before starting to cook.)**
6. **Add the garlic and chillies (if using) and stir them for 10 seconds or until fragrant.**
7. **Add the vegetables, stir!**
8. **Sprinkle the salt and pepper over top.**
9. **Place a lid on the wok and let it cook for around 2 min until the veg begins to wilt.**
10. **Take the lid off, pour in the sauce and coat the veg, cook for a further 15-20 sec to fully coat all the veg.**
11. **Serve!**