



# Burley Model Allotments

## Mixed Greens Stir Fry

This is a really quick and simple way of cooking mixed green vegetables. You can use a variety of in-season greens - spring greens, kale, chard, spinach, french beans, broad beans, mange tout, courgettes, broccoli, cabbage, sliced Brussel Sprouts. For colour and variety think about adding some sweetcorn kernels or sliced mini-corn cobs.

### Ingredients

- 2-3 spring onions/scallions - sliced in a slanted manner or any way you want
- 2 cloves of garlic - finely chopped or minced
- 1-2 tablespoons vegetable or sunflower oil
- A handful of 4-5 different mixed green vegetables sliced to a similar size,
- Sweetcorn (if available)
- 2 tablespoons of unsalted peanuts
- 2 tablespoons of light soy sauce
- 1-2 tablespoons water



### Method

1. Warm the wok on a medium flame.
  2. Add the oil and spring onions into the wok and soften.
  3. Add the bulkier vegetables first - chard stems, broccoli until just starting to cook, then add the other vegetables and garlic.
  4. Ensure the garlic lightly cooks and doesn't burn - it will taste bitter otherwise.
  5. Add the peanuts, and soy with a little water as needed.
  6. Place a lid on the wok for 2 minutes, turning down the gas to prevent burning.
- Serve immediately.