



Recipe of the Week

PAK CHOI WITH OYSTER SAUCE & MUSHROOMS

Ingredients

- 4 whole pak choi plants
- 1 clove garlic (crushed)
- 4 tabs oyster sauce
- 1 cup mushrooms

Method

1. Blanch the washed whole pak chois for a few minutes.
2. Drain well and slice into halves.
3. Slice and cook the mushrooms and crushed garlic in a frying pan.
4. Add the oyster sauce and the pak choi and toss until all mixed together.