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ASSOCIATION

PCFMA.ORG

SAUTÉED GAI LAN



Gai lan, or Chinese broccoli, has a lovely, mildly bitter, taste that's perfect when sauteed.



00 HR 35 MINS



Serves 4



Featuring

[Her Farms](#)
[Valley Bee Farm](#)
[Franklin Thor Farms](#)

INGREDIENTS

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- 2 medium cloves of garlic, chopped or sliced
- 1 bunch gai lan, chopped into bite-sized pieces
- 2 teaspoons oyster sauce
- 1 tablespoon cooking oil
- Salt to taste

The measurements above yield a tasty dish, but feel free to use more garlic, less oyster sauce or whatever combination tastes best to you! Salting AFTER the oyster sauce addition is critical, as most oyster sauces contain a lot of sodium.

METHOD

Wash the gai lan, shake dry and chop into bite sized pieces. Then peel and chop garlic. Warm a pan and add the oil. When the oil is warm, add the greens and garlic together.

Sauté and stir until the stems are a desirable texture, not too tough but not mushy, 5-7 Minutes at medium heat. Turn the heat off and stir in the oyster sauce. Salt if desired and serve.