



## Shanghai Vegetable Stir-Fry

### List of ingredients

- 1 tablespoon oil
- 2 medium-size carrots, finely sliced
- 1 large onion
- 1 bunch fresh broccoli
- 250g button mushrooms, sliced
- 3 bunches Shanghai or Bok Choy

#### Sauce

- ¼ cup soy sauce
- 3 cloves fresh garlic, minced
- 1 tablespoon vinegar
- 1 tablespoon tomato sauce
- 2 teaspoons finely minced fresh ginger
- 1 teaspoon sesame oil (optional)

*Feeds 4 people.*

### How to cook the dish

1. Peel the onion, cut it in half, and then cut the onion halves into ¼-inch-thick crescent-shaped slices.
2. Cut the broccoli florets from the stalks. Slice stalks finely. Cut the florets into bite-size pieces.
3. Wash Shanghai, remove the stem but keep the bunch as a whole piece. Cut into 1/4s from top to bottom
4. Heat the oil in a deep fry pan or wok over medium heat.
5. Add the onions and carrots to the pan, stir.
6. Add the broccoli to the pan, stir.
7. Add the Shanghai to the pan, stir
8. Add the mushrooms, stir.
9. Raise the heat to high and keep stirring until the veges are crisp-tender, 4 to 5 minutes.
10. Mix together the sauce ingredients and add to the vegetables.
11. Stir to mix well and cook until the sauce thickens a little (about 1 minute).

Serve at once over hot rice.