

WARM ASIAN GREEN SALAD

Preparation time: 10 minutes

Cooking Time: 10 minutes

Serves: 4



Ingredients

- 2 teaspoons sesame oil (or another oil of your choice)
- 1 clove garlic, crushed
- 2 bunches baby bok choy, washed and chopped
- 1 bunch asparagus
- 425g canned whole baby corn
- 6 shallots, sliced
- 1 red capsicum, sliced
- 1 tablespoon sesame seeds

Dressing

- 3 tablespoons low-fat French salad dressing
- 2 teaspoons soy sauce

Nutritional Information:

Kilojoules 920 kJ
Calories 219 cal
Protein 8 g
Total fat 9 g
Carbohydrate 24 g
Sodium 680 mg
Potassium 520 mg
Calcium 65 mg
Iron 2.6 mg
Fibre 6 g

Method

1. Heat oil in a large wok or saucepan. Add garlic and sauté for 1 minute.
2. Add bok choy, asparagus and corn and stir-fry for 2 minutes. Add shallots and capsicum and stir-fry for a further 2 minutes or until the bok choy leaves have wilted. Remove wok or saucepan from heat and pour vegetables into a serving dish.
3. In a separate bowl, combine dressing ingredients and pour over vegetables. Sprinkle with sesame seeds and serve with steamed rice.

Tips

To find the freshest Asian greens, look for bunches with crisp, green leaves and pale green/white stems. Avoid wilted leaves as they may be a bit rubbery once they are cooked. To keep them fresh, store in the refrigerator crisper. Asian greens don't have a particularly long shelf life, so, try to use them within two days of buying.