



STEAMED CHINESE GREENS

4 portions

INGREDIENTS

- 200 grams of chinese cabbage (pak-choy),
- 200 grams of broccolini
- 200 grams of snow peas
- 200 grams of cabbage, chinese (buk-choy)
- 1 shallots, raw
- 2 cloves of garlic, raw (6 g)
- 1 tablespoon of oil, olive, salad or cooking (14 g)
- 1 tsp of oil, sesame, salad or cooking (5 g)
- 1 tsp of soy sauce made from soy (tamari) (6 g)
- 1 tps of honey (6 g)
- Juice from 1 lime (44 g)

COOKING METHOD

- 1° Start by prepping the vegetables: trim the broccoli, quarter the pak choi and buk choy lengthways and halve the peas. Add the vegetables to a steamer and cook for around 5 minutes, or until slightly softened but still full of life.
- 2° Meanwhile, peel and very finely slice the shallots and garlic and fry them in a splash of olive oil on a high heat for about 5 minutes, or until crispy. Tip them onto a plate lined with kitchen paper to drain.
- 3° Quickly mix the dressing ingredients together. Return the empty shallot pan to the heat and add the dressing, steamed vegetables and a splash of water from the steamer to loosen it all up. When the veggies are coated and shiny, transfer them to a serving platter, sprinkle over the crispy shallots and garlic and serve straight away.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (225 g)	% DRI
ENERGY	42 kcal	96 kcal	5 %
FAT	2 g	5 g	8 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	70 mg	156 mg	7 %
CARBOHYDRATE	5 g	12 g	4 %
SUGARS	2 g	5 g	—
FIBER	2 g	4 g	16 %
PROTEIN	2 g	3 g	—