

Stir-Fried Salt Bush Leaves

Type: Australian Main

Difficulty: 

Serves: 4-6

From the garden: Garlic, Salt Bush

Equipment:	Ingredients:
Chopping boards & Mats	3 Tbsp oil
Knives	½ tsp salt flakes
Measuring cups & Spoons	3 cloves garlic, crushed
Wooden spoon	200 g fresh salt bush leaves
	2 Tbsp soy sauce
	3 Tbsp stock
	½ tsp sesame oil

Method:

Heat the oil in a frying pan until surface seems to shimmer slightly.

Add the salt and garlic and stir-fry for 30 seconds.

Add the salt bush leaves and stir-fry for 3 minutes.

Add the soy sauce and stir-fry for 1 minute.

Add the stock and stir-fry further 1 minute.

Then add the sesame oil.

Serve with Rice.

Rice

Equipment:	Ingredients:
Saucepan with lid	2 cup rice washed
Sieve	2 cup water
Measuring cup	1 pinch salt optional

Method

Boil water in a non-stick pan.

Add rice and allow to boil for 4-5 minutes.

reduce heat to low.

Cover completely with the lid (do not remove the lid again until rice is completely cooked) and turn the heat down as low as possible.

Cook a further 10 minutes.

Remove the pan completely from the heat, without opening the lid, and leave to stand, still covered, a further 10 minutes before finally removing the lid and serving.