

# CHEF DALE SNIFFEN RECIPE

## Wok Star

### Stir Fried Vegetables with noodles

Great served with grilled fish, chicken or steak

Recipe by Chef Dale Sniffen

Ready in 15 minutes

#### Prep list

- 2 tbsp grape seed oil
- 4 cloves crushed garlic
- 2 red chillies, seeded and finely chopped
- 1 medium sized red capsicum, cut into thin slices
- 1 red onion finely sliced
- 3 broccolini, cut into small pieces
- 2 cm ginger, crushed
- 125gm mushrooms, thinly sliced
- 2 bok choy, thinly sliced
- 1/2 cup basil leaves torn

#### Method

Slowly pre heat a large wok to a high heat, add oil, garlic and chilli, stir fry for 30 seconds or until the garlic and chilli are fragrant. Then

- Add the capsicum and onions, stir fry for 1 minute
- Add broccolini and ginger, stir fry for 1 minute
- Add mushrooms and bok choy, stir fry for 2 minute
- Add Asian Stir fry sauce and cook for another minute
- Serve with noodles grilled fish, chicken or steak garnish with basil leaves

#### Asian Stir Fry Sauce

- 2 tbsp dark soy sauce
  - 2 tbsp oyster sauce
  - 1 tbsp Sweet Thai chilli sauce
  - 1 tbsp corn flour + 3 tbsp water
- Whisk together