

MANGETOUT WITH GINGER & GARLIC & GINGER

Serves 4

INGREDIENTS:

For the sauce:

1 tablespoon soy sauce
1 ½ teaspoon rice wine vinegar
½ teaspoon sesame oil
½ teaspoon sugar

For the dressing:

250g snow peas strings trimmed
1 teaspoon vegetable oil
1 ½ teaspoons fresh grated ginger
1 teaspoon minced garlic
¼ teaspoon toasted sesame seeds

DIRECTIONS

In a small bowl, combine the soy sauce, rice wine vinegar, sesame oil and sugar. Whisk to combine and set aside.

Heat a skillet or wok over medium high heat. When the pan is hot, add the vegetable or canola oil and swirl to coat the pan.

Add the garlic and ginger and stir until aromatic, about 30 seconds. Add the snow peas and sauté for about 1 minute, tossing with the garlic and ginger frequently.

Stir in the sauce and cook until it reduces down to a glaze. Add the sesame seeds and toss to coat. Serve immediately.