



Bok Choy & Broccoli With Soba Noodles

What to collect

Ingredients	Equipment
1/4 cup vegetable stock	chopping board
2 tablespoons soy sauce	knife
1 teaspoon corn flour	wok
2 tablespoons rice bran oil	grater
3 cloves garlic, finely chopped	metric measuring cups/spoons
2 teaspoons ginger, grated	
1/4 cup spring onions, finely sliced	
6 bulbs bok choy, separate stems from leaves	
3 heads broccoli, cut into florets	
1 packet of soba noodles, cooked according to packet instructions	

What to do

1. Combine vegetable stock, soy sauce and corn flour in a small bowl and whisk together. Set aside.
2. Separate bok choy stems from leaves. Slice bok choy stems and set aside. Place leaves in another bowl.
3. Cut broccoli into florets and set aside
4. Thinly slice spring onions, grate ginger and finely chop garlic. Set aside.
5. Heat oil in wok over medium/high heat. Add ginger, garlic and spring onions and fry, stirring constantly to prevent burning, until fragrant (about 1 minute).
6. Add broccoli and sliced bok choy stems and fry for a few minutes.
7. Add the cooked soba noodles, stirring to combine.
8. Place the stock and soy mixture into the wok and stir to coat. Cook until thickened, 1 to 2 minutes.

- 9. Lastly add bok choy leaves and stir until just wilted.**
- 10. Remove from heat and serve immediately.**