

Broccoli Stir Fry

Main Ingredients

- 1 head of broccoli, cut into small pieces (remove the little leaves)
- 1 carrot, peeled and sliced thinly and into squares
- 1 handful of dried wood ear (washed 3 times to remove dirt and sand)
- 3 eggs (beaten and a little white pepper added to mixture)
- 2 slices of ginger
- 4 cloves of crushed garlic

Sauce Ingredients

- 1 tablespoon of soy sauce
- 1 teaspoon of oyster sauce
- 0.5 teaspoon sugar
- 0.25 teaspoon salt
- 1 teaspoon cornflour
- A little white pepper
- 1/3 small bowl water



Steps

1. Soak the broccoli pieces for 15 mins in salt water
 - Add 1 teaspoon salt into the large container with strainer
 - Add water until it covers the broccoli
 - Scrub the broccoli
 - Wash 1 more time with cold water only
 - Drain
2. Add washed wood ear and carrot together into a bowl
3. Add white pepper into eggs, scramble the eggs, set aside
4. Blanch the broccoli
 - Add some salt and cooking oil to the water when blanching
 - Remove broccoli with sieve
5. Blanch the carrot and mushroom in the same blanching water
6. Add sauce ingredients into a bowl
7. Add oil garlic and ginger to the wok
8. Add the vegetables into the wok and add sauce
9. Add eggs to the vegetables
10. Stir fry and serve on a plate