

## **Stir-Fry of Organic Zucchini, Golden Squash and Bok Choy**

*Serve as a side dish to accompany a meal or as part of a banquet for 4-6*

1 bunch bok choy, cores removed, wash and trim  
2 medium-sized zucchini (courgettes)  
3 medium –sized golden squash, sliced into quarters  
2 tablespoons peanut oil  
4 garlic cloves, crushed  
5cm piece ginger, finely sliced  
2 tablespoons shao hsing wine  
1/3 cup water or stock  
1 teaspoon sesame oil  
½ cup firmly packed mint leaves

Cut zucchini in half lengthways and slice on the diagonal.

Heat peanut oil in a hot wok until surface seems to shimmer slightly. Add garlic and ginger and stir-fry for 10 seconds.

Add zucchini and golden squash and stir-fry for 2 minutes. Add bok choy and stir-fry for 1 minute. Add wine or sherry and stir-fry for 30 seconds.

Pour in water or stock and stir-fry a further 30 seconds or until vegetables are just tender.

Lastly, add sesame oil and mint leaves, mix through and serve immediately.

Kylie Kwong – Copyright 2010