

## **Sautéed Thai Greens**

This is the perfect accompaniment to any meal and I was inspired to create this on a recent trip to Koh Samui. I was craving a big plate of green vegetables and after a trip to the local markets it gave me enormous pleasure to spend a quick 20 minutes making this highly nutritious dish.

### **Ingredients**

1 bunch bok choy  
1 bunch morning glory  
1 bunch asparagus  
1 cup snake beans  
1 inch ginger  
4 cloves garlic  
1 small chilli  
1 inch galangal  
½ cup cherry tomatoes  
Extra virgin olive oil

### **Instructions**

Wash all greens. Blanch snake beans and asparagus in hot boiling water for 1 minute and then plunge immediately into iced water. This will arrest the cooking process and ensure you retain the crispness, colour and nutritional value of your greens.

Finely slice garlic, chilli, ginger and galangal and sauté gently in olive oil. Increase heat in the wok and then add morning glory and bok choy. Continue to toss them, making sure that the spices are thoroughly mixed through. Add cherry tomatoes and blanched snake beans and toss through.

Serve on a plate covered in a banana leaf and place blanched asparagus over the top along with a drizzle of olive oil.

Alternatives are to add Enoki mushrooms as these contain immune boosting compounds that increase the activity of your white blood cells – perfect when travelling or throughout wintertime!