*Bok Choy with Tatsoi, garlic and ginger*

**Ingredients**

1-2 Bok choy, leaves separated and washed

8 tatsoi leaves, washed

2 tablespoons neutral cooking oil (canola or sunflower)

3 cloves garlic finely minced

2 tsp grated fresh ginger

2 tsp chopped sea celery

2 stems of celery, leaves removed

6 carrots, peeled and sliced

4-5 rainbow chard leaves

1 cup sugar snap peas

3 Tbsp of water

3 tsp soy sauce

1 tsp sesame oil

**Method**

* Wash well the green leaves and stems. Cut into bite size pieces, stems included. Reserve the stems of the chard and cook with the celery later.
* Finely mince garlic. Grate fresh ginger with a zester. Grating the ginger helps break up the tough fibres.
* Place wok on your stove and pour in the cooking oil. While the oil is still cold, add the garlic and ginger. Turn the heat to medium-high. Let the ginger and garlic gently sizzle in the oil.
* When the aromatics become fragrant and light golden brown, add the leaves. Toss very well to coat each leaf with the garlicky, gingery oil for 15 seconds. Pour in broth, water or wine. Immediately cover and let cook for 1 minute. Season with soy sauce and drizzle a bit of sesame oil on top.
* Serve.