

Simmered Mustard Green Recipe

(Taiwanese Recipe)

Ingredients:

450g tender mustard green

1¼ teaspoons salt

2 tablespoons soy sauce

½ tablespoon sugar

Method:

Remove the leaf ends from the mustard green, rinse well and cut into two sections. Bring half pot of water to a boil, add 1 teaspoon of salt to taste, then blanch the whole mustard green in for a minute and remove. Rinse under cold water immediately until cold. Heat 2 tablespoons of cooking oil to stir-fry mustard green, season with seasonings to taste. Cook over low heat until liquid is well absorbed. Mustard green with seasonings releases liquid during cooking, do not add more water, or it will prolong the simmering time. Remove and serve.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]