

Spicy Morning Glory Recipe

Ingredients:

2 tablespoons vegetable oil
1 garlic clove, finely chopped
4 small fresh red or green chilies, finely chopped
1 tablespoon yellow bean sauce
225 g morning glory, washed and roughly cut into 2 inch lengths
4 tablespoons vegetable stock
1 tablespoon fish sauce
1 teaspoon granulated sugar

Method:

Heat the oil in a wok or frying pan. Add the garlic and chilies and fry until the garlic is golden brown and aromatic. Add the yellow bean sauce, stir quickly, then add the morning glory, stirring once. Pour in the vegetable stock and simmer gently until the stems of the morning glory start to soften. Season with the fish sauce and sugar, stir once, then turn on to a serving dish.

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