Stir Fried Bean Sprouts with Garlic

Rowville Primary School Kitchen Garden Recipe

**Ingredients**

- 2 tablespoons of oil,
- 4 garlic cloves,
- 2 teaspoons salt,
- 450g bean sprouts,
- ¼ cup Chinese cooking wine,
- 1 teaspoon white sugar,
- 1 teaspoon sesame oil.

**Method**

- Peel and finely dice the garlic.
- Rinse the bean sprouts, strain.
- Heat the wok, add the 2 tablespoons of oil.
- Add the garlic and salt, stir-fry for 10 seconds.
- Add the bean sprouts, stir-fry for 30 seconds.
- Add wine, stir for 20 seconds.
- Add white sugar and sesame oil, stir-fry for 2 minutes, or until bean sprouts are wilted but still crunchy.
- Serve