

Fried Morning Glory (vegetarian)



Ingredients

- 1 bunch Morning Glory
- 4 Garlic
- 4 Red Spur Chili
- 1 tbsp. Soybean Paste
- 2 tbsp. Oyster Sauce
- 1 tbsp. Fish sauce
- 1 tsp. Sugar
- 4 tbsp. Water or Pork/Vegetable Stock
- 1 tbsp. Oil for frying



Morning Glory



Red Spur Chili



Soybean Paste

Method

Rinsing the morning glory briefly under cold water. Cut it into 2-3-inch lengths. Keep stems and leaves separated.

Bash the chilis and garlic together in a pestle and mortar until they are crushed but remain relatively whole.

Heat the oil in a wok until it's hot and add the garlic and chilis, stir-fry for about 15-20 seconds.

Add the morning glory stems and stir-fry for another 20 seconds.

Add the remaining morning glory along with the fish sauce, oyster sauce, soybean paste, and sugar and stir-fry for another 20 seconds.

Add water or stock and turn off the heat.

Served with jasmine rice.



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