

# WATER SPINACH

**Time: 10 minutes**

**Serves: 4**

## **Ingredients:**

25g grapeseed or other neutral flavoured oil  
4 cloves garlic - chopped  
500g water spinach - bases discarded and stalks/leaves cut to 5cm pieces  
1 red Thai chili - seeded and thinly sliced  
25g oyster sauce  
15g water

## **Preparation:**

Preheat a wok with the oil on high.

When the oil just begins to smoke, add the garlic, stirring constantly for ten seconds.

Add the spinach and chili, stirring constantly until the spinach leaves darken.

Add the oyster sauce and water, stirring constantly for ten seconds.

Remove the spinach from the wok and serve immediately.

## **Nutritional Information Per Serving:**

Calories: 85  
Fat: 6g  
Carbs: 6g  
Fibre: 3g  
Protein: 3g