

GARLIC SCAPES RECIPE 蒜苔炒肉



Garlic scapes are the tender flower stem and bud of the garlic plant. They are subtle in flavour, similar to a fresh blend of garlic, onion and scallion. In terms of texture, garlic scapes are crisp but tender, similar to that of asparagus. Scapes are very easy to prepare and cook, please try our simple sauteed garlic scapes recipe that is commonly enjoyed in family-style Chinese meals.

蒜苔是大蒜的花茎和花蕾部分。它们的味道很微妙，拥有着淡淡的大蒜、洋葱和大葱的香气。蒜苔的口感脆而嫩，类似于芦笋。蒜苔非常容易准备，欢迎尝试做这道经典的中华佳肴，蒜苔炒肉。



Prep: 5 minutes
Cook: 8 minutes
Servings: 1

Ingredients 食材:

- 5 strains of Garlic scapes 蒜苔
- 50g of Ground meat (can be substituted with preferred protein) 肉末(可与其他蛋白质替代)
- 3 Garlic cloves 蒜
- 1 Spring onions 葱
- 15 ml Cooking oil 食用油
- 2 tsp Soy sauce 生抽
- 1 tbsp Oyster sauce 蚝油



Directions 做法:

1. Cut garlic scapes into 3 cm long bits, mince garlic and spring onions. Set aside.
蒜苔切成三厘米小段，蒜和葱切成末，待用。
2. Add oil to pan, stir fry meat on medium high heat until almost done. Set aside.
锅里放油烧热后，放入肉末翻炒至九成熟。待用。
3. Use the remaining oil to stir fry garlic, spring onions, and garlic scapes for around 4 minutes, or until garlic scapes become a darker green.
用剩下的油，倒入葱姜蒜苔煸炒至深绿色，大约四分钟。
4. Add meat back into the pan and pour in sauces, mix evenly and enjoy!
加入肉丝，放入酱油蚝油和蒜苔搅炒均匀可出锅。开饭!

