

# steamed gai lum with ginger & soy

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### Ingredients:

- 1 bunch gai lum (Chinese broccoli)
- 1/4 cup reduced salt soy sauce
- 1 tsp sesame oil
- 2 tbs brown sugar
- 1 tsp finely grated ginger
- 2 tsp toasted sesame seeds, to serve

### Health benefits of gai lum:

- Like other Asian greens, gai lum is a source of iron, which is especially useful for vegetarians who may lack this blood-building mineral.
- An excellent source of vitamin C, the anti-infection vitamin and also provides folate, one of the B complex vitamins needed for heart health.
- Provides dietary fibre, which helps prevent constipation.

### Method:

1. Trim gai lum stems and separate leaves. Cut stems into 10–12cm lengths. Set aside.
2. Place soy sauce, sesame oil and brown sugar into a small saucepan. Heat, stirring occasionally, over medium heat until sugar dissolves. Add ginger and remove from heat. Set aside.
3. Place gai lum stems in an even layer in a steaming basket. Place over a pan of simmering water, cover and steam for 2 minutes. Add gai lum leaves and steam for 1–2 minutes or until leaves just wilt.
4. In the last minute of steaming, heat soy mixture over medium heat until almost boiling. Arrange steamed gai lum on a serving plate. Drizzle with hot soy mixture, sprinkle with toasted sesame seeds and serve immediately.

**Serves:** 2 as a side-dish

**Preparation:** 10 minutes

**Cooking:** 3–4 minutes