

# Stir Fried Bean Sprouts with Garlic

Rowville Primary School  
Kitchen Garden Recipe

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## 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