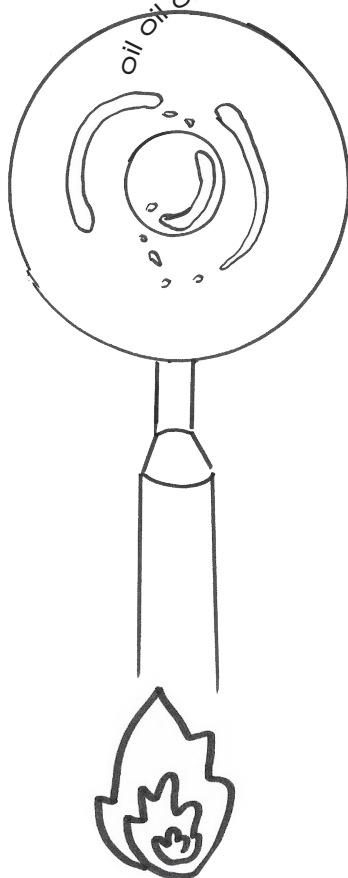


# STIR FRYING

## the napa cabbage

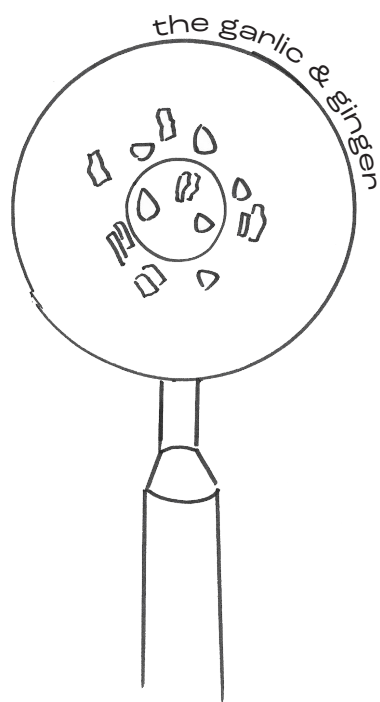
on a hot wok add the

oil oil oil oil oil oil oil oil,

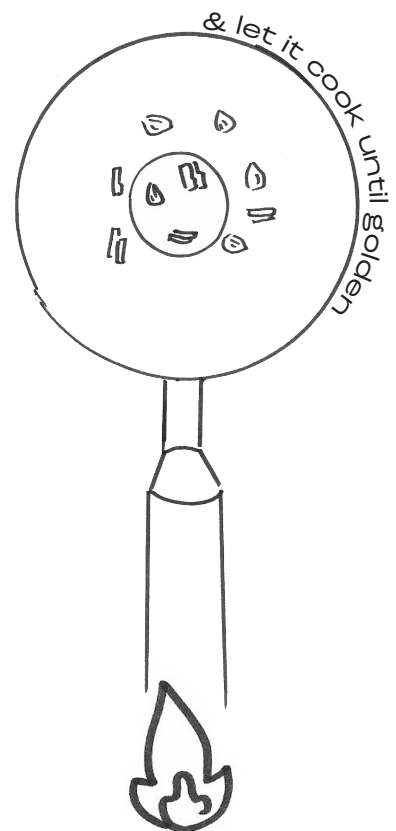


on high heat

the garlic & ginger



& let it cook until golden



on med heat