**CHINESE STIR-FRIED WATER SPINACH**

*Serves 4 as a side*

* 1 bunch of fresh water spinach, washed
* 1 tablespoon peanut or vegetable oil
* 3-5 cloves smashed garlic
* 1/2 cup water
* 1/2 teaspoon sesame oil
* 1/2 teaspoon red chili flakes (optional)
* Salt and pepper to taste

\*Alternatively, you can add a few drops of soy sauce or hoisin sauce instead of chili flakes for flavor

1. Heat the peanut oil in a wok or large skillet over high heat. Toss in the smashed garlic and cook for about 40 seconds, until fragrant.
2. Add the water spinach. Watch as the large bunch wilts and shrinks. Pour in the water and cover with a lid for 1 minute for stalks to steam through. Add the sesame oil, chili flakes if using, salt and pepper. Toss with a spatula or a flick of the wrist. Transfer to a plate serve hot with your other mains and sides.

Note: The Chinese for water spinach is 空心菜 (kong xin cai), which means "empty-hearted vegetable."

<http://appetiteforchina.com/recipes/recipes/chinese-stir-fried-water-spinach>