

Vegan Daylily Recipe: Simply Sautéed Daylily Shoots

Ingredients

- 120g daylily shoots
- 1 tbsp. olive oil
- 1 clove garlic, minced
- ½ tsp. sesame oil
- ½ tsp. soy sauce

Steps

1. Peel the daylily shoots apart into individual leaves, then wash well under cold water. Pat dry and set aside.
2. Heat the olive oil on a medium heat, and add the garlic. Stir frequently, until the garlic is fragrant but not burnt. Add the daylily shoots and cook, stirring to expose all of the leaves to the heat. It will cook down quite a lot as you gently cook it. Once all of the shoots have greatly reduced in volume, and turned a darker, richer green, add the soy sauce and sesame oil. Toss well, cook for another couple minutes, and serve warm.

