



Nutritious, Delicious, Wisconsin!

## LEAFY GREENS Zaub Ntsuab



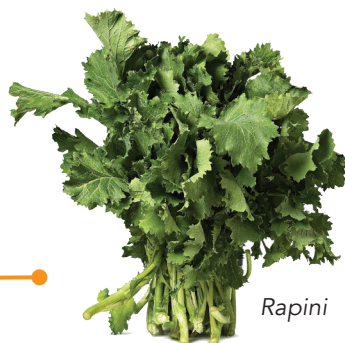
Yu Choy  
Sum



Squash Shoots  
with Blossoms



Mustard  
Greens



Rapini



### HMooB Varieties

- Mustard Greens (Gai Choy), Zaub Ntsuab
- Yu Choy Sum, Zaub Ceg Ntev
- Rapini (Broccoli Rabe), Zaub Nkauj Fa
- Pumpkin Vine Tips and Squash Shoots with Blossoms, Zaub Ntsis Taub
- Bok Choy, Zaub Dawb
- Mustard Spinach, Zaub Ntsuab
- Komatsuna, Zaub Dawb
- Pea Vine Tips/Shoots, Zaub Ntsis Taum Mog
- Solomon's Seal, Zaub Qwv Qws
- Gai Lan (Chinese Broccoli or Chinese Kale), Zaub Dawb
- Lettuce, Zaub Xam Lav/Zaub Noj Nyoos

## TASTE & TRADITION



A **common**, traditional dish is boiled leafy greens (like mustard greens, squash vines, or Yu Choy) served with protein, usually pork or chicken. HMooB families also cook leafy greens by blanching, sauteing, or stir-frying, depending on the type. Pickled mustard greens or bok choy is another traditional way to prepare and preserve them, usually served as a side dish.

## RECIPE

### Flowering Yu Choy Sum & Pork Stir Fry (Zaub Paj Kib Nrog Nqaij Npua)



#### Ingredients

- Flowered Choy Sum (Yu Choy)
- 3 tablespoons of oil (e.g. vegetable, coconut, canola, etc.)
- Pork belly, smoked pork, or pork rinds (can substitute with chicken or beef)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon of oyster sauce
- 4-6 cloves of garlic
- Optional: ginger and chicken bouillon

#### Directions

1. Deep fry pork belly until crispy, remove from oil, and set aside. (*Skip this step if using pork rinds.*)
2. In a large skillet or wok, heat oil.
3. Add minced or chopped garlic and stir for about a minute, until fragrant.
4. Add chopped or whole leafy greens to the pan and stir.
5. Season with salt, black pepper, and oyster sauce.
6. Toss everything to coat the vegetables evenly.
7. Cook for another 2 minutes, then add the fried pork belly or pork rinds.
8. Stir-fry until the greens are tender but still a vibrant green. Do not overcook!!
9. Serve with steamed rice and HMooB pepper sauce for a flavorful meal.



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