

EASY BOK CHOI serves: 3-4 prep time: 15 min cook time: 5 min

Ingredients:

- 1 bunch Bok Choi
- 1 Tbsp soy sauce
- 1 Tbsp water
- ½ Tbsp rice vinegar or white wine vinegar
- ½ tsp honey, maple syrup, or mirin
- ½ tsp sesame oil
- 1-2 garlic cloves, crushed or chopped
- 1 small hot pepper chopped (optional)
- Neutral oil for cooking



Instructions:

1. Rinse bok choy, trim bottoms, and slice leaves in half lengthwise
2. In a small bowl mix remaining ingredients except for cooking oil
3. Heat oil in pan, and add bok choy, cooking 2-3 minutes on each side, until brown
4. Add sauce to pan, and cook for 2 minutes more, until bok choy is tender
5. Enjoy