

Steamed Baby Bok Choy

Swick

Serves 1 | Active Time: 5 minutes | Total Time: 10 minutes

Chef's Notes

This tender, bite sized vegetable is healthy and delicious and is perfect served on its own, as a side dish or in a stir-fry.

Make sure you don't overcook bok choy. It should still be a bit crunchy and a vibrant green color. It is also nice with a little ginger, garlic and hot sauce.

Preparing the Bok Choy

Clean the bok choy well in cold water. Leave it whole or cut it in half lengthwise.

Heat a wok or large fry pan over medium-high heat. Add the sesame and grapeseed oil. Once the oil is hot, add the bok choy and turn the heat down to medium. Toss to coat with the oil. Season to taste with salt and pepper. Add a few tablespoons of water and cover to steam. Let steam for about 2 minutes or until the bok choy is tender but still a little bit crunchy. Serve immediately.

Step 1: Preparing the Bok Choy

- 24 whole baby bok choy
- 1/4 tsp sesame oil
- 1 tbsp grapeseed oil
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 2 tbsp water