

## **BOK CHOY – STIR FRY** (*utilizes bok choy, green onions, baby kale, and baby carrots*)

Stir-frying is a great use for bok choy. You can use the leaves as well!  
The best stir-fry, in my opinion, uses only one or two main vegetables.

Serves 4

Ingredients:

- 1 Tbsp. high heat oil (like avocado, or grapeseed... but canola will work just fine)
- 2-3 bok choy; quartered lengthwise, washed, and trimmed (reserving the leaves)  
*-wash the leaves, and give them a rough chop, and you can add them in with the kale!*
- ~ 2 C. baby kale (*plus some baby bok choy leaves*)
- 1 Tbsp. fresh ginger; minced
- 3-4 fresh garlic cloves; minced
- 1Tbps. shallot; diced
- 12 oz. raw shrimp (or basically any meat like chicken, pork, or beef)
- 1 C. stir-fry sauce\*\* (*make your own with the recipe below, or use store-bought*)

1. In a medium-large sauté pan, heat the oil on medium-high heat until shimmering. Salt and pepper your shrimp, then add shrimp into the pan. Sauté for about 1 minute and then flip the shrimp and cook another minute or two on the other side and remove from the pan (to stop them from overcooking).
2. In the same pan, add more oil if needed (you probably will), and then add the shallots and cook a minute or two until translucent and starting to brown; then add the bok choy and sauté for a few more minutes, then toss in the garlic, ginger, and green onions. Keep tossing everything around in the pan and add the baby kale and bok choy leaves. Continue to toss.
3. Now add the shrimp back into the mix; toss again.
4. At this point, you'll add about 1 C. of the stir-fry sauce (more if you want it saucier) to the pan and just simply heat it through and then turn off the heat and toss to coat all the vegetables and shrimp evenly. Serve and enjoy!

\*\*Stir-fry sauce (makes about 1 ¼ C.)

- ½ C. soy sauce
- ½ C. stock (veg, chicken, shrimp, or even just water)
- 1 tsp. sesame oil
- ½ Tbsp. rice wine vinegar
- 2 garlic cloves; minced
- 2 tsp. ginger; minced
- 1 Tbsp. honey
- 1 Tbsp. corn starch
- Pinch of red pepper flakes

This is a super basic and simple sauce that can be added to any stir-fry. The cornstarch is simply to thicken. You can remove it or add more to make the consistency to your liking.

Directions:

Simply add all the ingredients to a bowl and whisk together. Store in an airtight container and use within a few days. Make sure to shake it up well before using it!

**BOK CHOY – GRILLED** (*utilizes bok choy*)

One of my favorite ways to eat bok choy is simply grilled.

Just trim off any woody part of the root, but make sure to leave enough of it to keep the sturdy leaves intact.

Remove the top leaves (reserve for later use), quarter or halve the bok choy lengthwise, rub some oil on it, then salt and pepper and toss them on the grill for a few minutes (2-5 min. depending on size) until they get a nice char. Remove and enjoy!