

Garlic Bok Choy



Serves 2-4 (side dish)



5min



Winter



Bok Choy



INGREDIENTS:

- 600g or ~3 bunches bok choy
- 2 teaspoons salt-reduced soy sauce
- 1 teaspoon oyster sauce
- splash of sesame oil
- splash of water
- 2 garlic cloves, crushed

METHOD:

1. Separate bok choy leaves by pulling leaves apart and wash well.
2. Boil water with salt and boil for 2.5min, then plate and set aside.
3. In a separate bowl, combine soy sauce, oyster sauce, splash of sesame oil, splash of water and crushed garlic.
4. Stir to combine and pour onto bok choy.

Share it with us!



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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.