

YIELD: 2 SERVINGS

# Bok choy stir fry - easy restaurant style recipe



Bok choy stir fry might be downright simple for some people, especially those who grew up in a typical Cantonese family. However, it is deceptively tricky to recreate this iconic Chinese dish at home to taste like those from the restaurant. This bok choy stir fry recipe will address all the nitty-gritty.

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	5 minutes	20 minutes

## Ingredients

### Ingredients A

- 400g bok choy of your choice
- 5 cloves garlic, coarsely chopped
- 3 slices ginger
- 1/2 tsp salt
- 1 tsp sugar
- 1/4 tsp ground white pepper

### Ingredients B (Sauce)

- 1 tbsp oyster sauce
- 1 tsp light soy sauce
- 1/2 tsp sesame oil
- 1 tbsp water

## Instructions

1. Rinse the baby bok choy with water to remove all the dirt and sand. Drain.

2. Heat some oil in the wok. Saute the coarsely chopped garlic and ginger over low to medium heat until fragrant.
3. Add the bok choy to stir-fry over high heat.
4. Season with salt, sugar, and white pepper.
5. Add some water if it is too dry, 1-2 tbsp at a time,
6. Stir-fry until the bok choy is tender-crisp.
7. Bring all the Ingredients in B to a boil in a small pan to thicken it. Set aside.
8. Drizzle the sauce on the bok choy. Serve.

### **Variation for larger bok choy**

1. Separate the leaves from the stem.
2. Cut the stem into short sections on a bias.
3. Stir fry the stem and the leaves separately.
4. When both are tender and still crisp, combine both in the wok, season with salt, sugar, and pepper.
5. Transfer to the serving plate.

### **Nutrition Information: YIELD: 2 SERVING SIZE: 1**

*Amount Per Serving:* CALORIES: 95 TOTAL FAT: 2g SATURATED FAT: 0g TRANS FAT: 0g  
UNSATURATED FAT: 1g CHOLESTEROL: 0mg SODIUM: 1020mg CARBOHYDRATES: 19g FIBER: 2g  
SUGAR: 3g PROTEIN: 2g

*This data was provided and calculated by Nutritionix on 4/10/2021*

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**CUISINE:** Chinese / **CATEGORY:** vegetarian

<https://tasteasianfood.com/bok-choy-stir-fry/>